

# KIDS' LUNCH IDEAS

## COLD LUNCHES

- Dinner Roll Ham or Turkey Sandwiches
- Whole Wheat Tortilla + Peanut Butter + Sliced banana + Granola
- Tortilla Rollup + Lunchmeat + Cheese
- Pizza Quesadilla
- Chicken Quesadilla
- Rotisserie Chicken (shredded-up) + Dinner Roll
- Rotisserie Chicken Salad
- Grilled Chicken (sliced thinly) on Tortilla or Pita + Hummus Spread
- English Muffin + Pizza Toppings on the side (like a DIY lunchable pizza)
- Hummus and Spinach wrap
- Pita Chips + Veggie Sticks + Hummus
- Chicken Pot Pie Empanadas
- Tuna Salad (Served on crackers, whole wheat tortilla, pita or bread)
- Mini Sandwiches (cut out of slices of bread with cookies cutter)
- Brown Rice Sushi Rolls
- Bagels with Cream Cheese (Optional add-ons: Smoked salmon, Cucumbers)
- Homemade Pizza or Mini Calzone
- Pigs in a Blanket
- Omelette
- Pancakes or Waffles + Peanut Butter on the side
- Breakfast Burritos with Egg + Cheese, Ham/Turkey + Salsa
- Pasta Salad

## HOT LUNCHES

- Hot Meatballs + Spaghetti Sauce + Sub Bun sliced down the middle
- Tomato soup + Goldfish Crackers
- Tortilla Soup + Crunchy Tortilla Strips
- Potato soup + Shredded Cheese
- Chicken noodle + Saltines
- Chicken or Vegetable Fried Rice
- Chicken Nuggets
- Spaghetti or Fettuccine
- Chicken & Rice
- Leftovers from Dinner (yes, totally acceptable!)
- Oriental Pot Stickers
- Baked Corn Chips with Warm Black Beans/Re-fried Beans

## DRINKS

- Water
- Milk
- Juice
- Almond milk
- Chocolate milk
- Homemade green juice or smoothie

## SIDES & SNACKS

- Finger Fruits: Strawberries, Grapes, Blueberries, etc...
- "Big" Fruit: Apple, Banana, "Cutie", Plum, etc...
- Fruit Salad with Shredded Coconut
- Applesauce cups
- Fruit Kabobs
- String cheese, cheese cubes, slices of cheese
- Yogurt
- Hard boiled eggs or deviled eggs made
- Pickles
- Olives
- Nuts, seeds, trail mix
- Homemade Pudding Cups
- Granola or cereal bars
- Oatmeal Cookies
- Rice Krispie Treats
- Fresh veggies cut bite size with dip or hummus
- Popcorn
- Pretzels
- Sun Chips
- Chocolate almond butter with crackers
- Whole wheat crackers
- Baked chips
- Pita chips
- Fruit leather
- Fruit Snacks
- Dark chocolate
- Celery with peanut butter and raisins
- Baby carrots
- Homemade muffins or rolls
- Chocolate Chip Banana Bread
- Hummus and whole wheat crackers
- Greek yogurt dip with either veggies or fruit
- Fruit pizza
- Apple with peanut or almond butter
- Fortune cookies
- Fig newtons