

EASY LUNCH IDEAS

FOR SCHOOL OR DAYCARE

PROTEIN

- DICED CHICKEN
- TURKEY
- HUMMUS
- DELI MEAT
- EGGS (HARD BOILED, SCRAMBLED)
- CHEESE
- BEANS (KIDNEY, BLACK)
- GREEK YOGURT
- CHICK PEAS
- ALMOND BUTTER
- TUNA
- PEANUT BUTTER

FRUIT

- APPLES
- STRAWBERRIES
- ORANGES/ CUTIES
- GRAPES
- KIWI
- PEACHES
- BLUEBERRIES
- BANANA
- RASPBERRIES
- WATERMELON
- APPLESAUCE
- PINEAPPLE

GRAINS

- BREAD
- TORTILLAS
- CRACKERS
- RICE
- PASTA
- ENGLISH MUFFIN
- BAGEL
- MUFFIN
- WAFFLES
- PITA BREAD OR CHIPS
- FLATBREAD
- OATS

DAIRY

- MILK
- GREEK YOGURT
- GO-GURT
- CUBED CHEESE
- STRING CHEESE
- BABYBEL CHEESE
- COTTAGE CHEESE
- CREAM CHEESE

VEGGIES

- AVOCADO
- CUCUMBERS
- CARROTS
- SNAP PEAS
- CELERY STICKS
- BELL PEPPER STRIPS
- SALAD
- CHERRY TOMATOES
- BROCCOLI FLORETS
- OLIVES
- COOKED SWEET POTATO

SNACKS

- GRANOLA BAR
- GOLDFISH
- FRUIT LEATHER STRIPS
- ANNIE'S CHOCOLATE BUNNIES
- POPCORN
- PIRATES' BOOTY
- PRETZELS
- TRAIL MIX
- RAISINS
- GRAHAM CRACKERS
- CHEERIOS