

# HEALTHY LUNCH BOX IDEAS

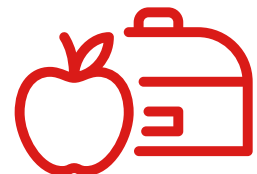
## A COMPREHENSIVE LIST OF HEALTHY FOODS KIDS LOVE

### PROTEINS

- HUMMUS
- HARD BOILED EGGS
- CHEESE
- DELI MEATS
- STONEWALL'S JERKY
- TOFU JERKY
- SOUTHERN FRIED TOFU
- LEFTOVER MEATLOAF
- CHICKPEA SALAD
- LEFTOVER FALAFELS
- TACOS
- QUESADILLA
- BEAN BURRITO
- ENGLISH MUFFIN PIZZA
- CREAM CHEESE PINWHEEL SANDWICH
- PEANUT BUTTER / NUT BUTTER
- MIXED NUTS
- HOT DOG OR HAMBURGER PATTY
- VEGGIE NUGGETS
- BLACK BEAN AND CORN SALAD
- LEFTOVER MEATBALLS
- DEVEILED EGGS

### CARBS

- CRACKERS
- MUFFINS
- GOLDFISH CRACKERS
- SLICED BREAD
- PASTA SALAD
- MACARONI SALAD
- DRY CEREAL
- SESAME STICKS
- PRETZELS
- BAGEL
- PITA BREAD
- LEFTOVER MINI PANCAKES
- KIM BAP OR SUSHI ROLLS
- RICE
- COUSCOUS
- GRANOLA OR CEREAL BARS
- LEFTOVER SPAGHETTI OR PASTA
- POTATO SALAD
- CHIPS
- GREEN BEAN CHIPS
- LEFTOVER FRIED RICE
- BANANA BREAD
- DINNER ROLLS OR GARLIC TOAST
- FRENCH BREAD
- SUB SANDWICH
- STUFFED GRAPE LEAVES
- CHO BAP / KOREAN RICE STUFFED BEAN CURD



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### DAIRY

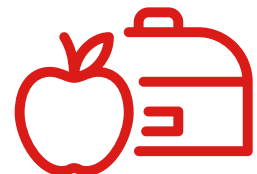
- YOGURT
- CHEESE CUBES OR SLICES
- STRING CHEESE
- COTTAGE CHEESE
- CREAM CHEESE
- LAUGHING COW WEDGES
- SOUR CREAM DIP
- BABYBEL CHEESE
- MILK
- ALMOND OR COCONUT MILK

### FRUIT

- CANNED PEACHES
- CANNED MANDARIN ORANGES
- FRUIT COCKTAIL
- GRAPES
- STRAWBERRIES
- BANANA
- CLEMENTINES
- MANGO CHUNKS
- PINEAPPLE WEDGES
- BLUEBERRIES
- RASPBERRIES
- BLACKBERRIES
- RAISINS OR DRIED FRUIT
- BANANA CHIPS
- CHERRIES
- GREEN OR BLACK OLIVES
- FRUIT KABOB

### VEGETABLES

- CARROT STICKS
- RAW BROCCOLI OR CAULIFLOWER
- SLICED BELL PEPPER
- AVOCADO HALF - LEAVE IN PIT
- GRAPE TOMATOES
- RAW SNAP PEAS
- CELERY STICKS
- GREEN ONION TOPS
- LETTUCE
- ALFALFA SPROUTS
- WHOLE KERNEL CORN
- FROZEN PEAS
- COLESLAW
- TOSSED SALAD
- BROCCOLI SALAD
- CARROT SALAD
- PEA, OLIVE, AND CORN SALAD
- MASHED SWEET POTATO



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### THERMOS MEALS

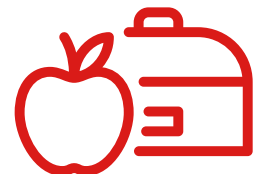
- VEGETABLE SOUP
- TOMATO SOUP
- CHEESE SOUP
- BEAN SOUP
- MUSHROOM SOUP
- CORN CHOWDER
- PEA SOUP
- TACO SOUP
- POTATO SOUP
- LENTILS
- CHILI OR CHILI MAC
- SPAGHETTI
- LEFTOVER CASSEROLE
- BAKED POTATO
- MEATBALLS
- LASAGNA
- OATMEAL
- MACARONI AND CHEESE
- TACO MEAT
- REFRIED BEANS WITH CHEESE
- STIR FRY
- POT PIE

### CONDIMENTS

- RANCH DIP
- THOUSAND ISLAND DRESSING
- PEANUT BUTTER / NUT BUTTER
- SOY SAUCE
- KETCHUP
- MUSTARD
- PICKLES
- HUMMUS
- SALAD DRESSING
- MAYONNAISE
- FRUIT DIP
- TAHINI SAUCE

### LEFTOVERS

- SOUP
- CASSEROLES
- MEATLOAF
- VEGETABLE LO MEIN
- STIR FRY
- POT PIE
- PIZZA
- SPAGHETTI



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### DESSERTS

- GELATIN CUP WITH FRUIT
- OATMEAL COOKIES
- PEANUT BUTTER COOKIES
- YOGURT PRETZELS
- TART LEMON SQUARES
- RICE PUDDING

### TIPS

1. WHEN MAKING SANDWICHES, PLACE TOMATO, ONIONS, AND LETTUCE IN SEPARATE BAGGIES TO PREVENT BREAD FROM BECOMING SOGGY.
2. FREEZE JUICE BOXES AND PLACE IN LUNCH BOX TO KEEP FOOD COOL OR USE REUSABLE FREEZER ICE PACKS.
3. LEFTOVERS CAN OFTEN BE TURNED INTO A TASTY LUNCH.
4. USE A THERMOS TO KEEP LEFTOVER MACARONI AND CHEESE, SPAGHETTI, AND SOUPS WARM.
5. OR, USE A THERMOS TO KEEP COLD FOODS COLD.
6. USE EASY LUNCH BOXES OR OTHER BENTO STYLE BOXES TO CREATE YOUR OWN HOMEMADE, HEALTHY “LUNCHABLES.”
7. IF YOU HOMESCHOOL, PREPARING YOUR CHILD’S LUNCH AHEAD OF TIME WILL SAVE YOU LOTS OF TIME DURING THE DAY!

