

Lunch Box Ideas For Kids

Protein Choices:

- Cheese stick or cubed cheese
- Yogurt
- Sliced turkey or other sliced meat
- Peanut butter (if allowed at your school)
- Cottage cheese

Fruit Choices:

- Orange slices
- Apple slices
- Applesauce
- Peach slices
- Banana
- Mixed fruit
- Cut up melon (watermelon, cantaloupe, honeydew)
- Grapes
- Raisins
- Dried fruit
- Strawberries
- Blueberries
- Raspberries
- Blackberries
- Sliced Kiwi

Lunch Box Ideas For Kids Continued

Vegetable Choices:

- Carrot sticks
- Cherry tomatoes
- Sliced cucumbers
- Sliced green, orange, red peppers
- Mushrooms
- Salad
- Broccoli

Carbohydrate Choices:

- Whole wheat bread
- Tortillas
- Whole wheat pita bread
- Mini bagels
- Crackers
- Popcorn
- Graham crackers
- Granola Bars
- Pretzels

Drink Choices:

- 100% Fruit Juice (make sure it is 100% fruit juice)
- Milk (can be bought at school)
- Water