

HEALTHY SCHOOL LUNCH IDEAS

FRUIT

Applesauce
Blueberries
Raspberries
Grapes
Watermelon
Strawberries
Kiwi
Orange
Whole Banana
Whole Apple

VEGGIES

Carrots
Celery sticks
Cucumber
Shelled peas
Bell Pepper
Sugar snap peas
Broccoli
Cauliflower
Sweet potato

PROTEIN (& HEALTHY FATS)

Yogurt
Cheese
Hummus
Guacamole
Nut or seed butter
Hard Boiled Egg
Cooked beans
Edamame
Deli Meat

CRUNCHY

Dry cereal (low sugar)
Whole grain crackers
Almonds or other nuts
Crispy chickpeas
Rice cakes
Sunflower seeds
Plantain chips
Baked tortilla chips
Pretzels
Pita chips

HEARTY FILLERS

Spinach muffins (or bake as donuts!)
Paleo banana snack cake
Homemade granola bars
Date Energy Balls
Waffle or Pancake
Hummus & Veggie sandwich
Veggie burger (or meatballs)
Baked Egg Muffins or Frittata
Egg & Cheese sandwich
Granola & Yogurt
Oatmeal
Almond butter sandwich
Tortilla roll-ups
Quesadilla
Leftover pizza
Spaghetti or Pasta Salad
Quinoa Salad

SAMPLE COMBINATIONS

Sample #1

Spinach muffins
Carrots
Yogurt
Strawberries
Chickpeas
Dry Cereal

Sample #2

Quinoa Salad
Cucumber slices
Applesauce
Sunflower Seeds
Blueberries
Cheese cubes

Sample #3

Granola Bar
Broccoli
Red Bell Pepper Slices
Peeled Kiwi
Plantain Chips
Guacamole

Sample #4

PB & Honey Sandwich
Ants on a Log (celery)
Sweet Potato Crackers
Hummus
Sliced grapes
Raspberries

Tips: Try serving fruit, veggies, beans, cheese or meat on a stick for a fun & healthy skewer!
Bake a healthy muffin recipe into a donut shape to make it more fun & appealing.