

Nutrition for Early Learning and Child Care

HEALTHY KIDS | HEALTHY SCHOOLS | HEALTHY COMMUNITIES



20 Lunch Ideas

Lunch box basics

insulated lunch bag	reusable spoons and forks	reusable water bottle
insulated food container	containers with lids (various sizes)	small ice pack

1. mini pizza (homemade pizza on an English muffin or pita) with carrot sticks and sliced strawberries
2. make your own 'snackable' lunch box with: fresh vegetables and fruit, cheese cubes or string cheese, roast meat or chicken; mini whole grain bagels or whole grain crackers (use muffin liners or small plastic containers to separate different items)
3. couscous or quinoa salad with raisins, chickpeas, shredded carrot and sliced snap peas and milk to drink
4. spaghetti and meat sauce, topped with cheese and kiwi slices
5. cottage cheese with cucumber slices, whole grain bread, a fruit cup, and an oatmeal raisin cookie
6. whole grain crackers with hummus, cheese, mini carrots and pineapple chunks
7. taco salad with taco meat or black beans, lettuce, tomato, salsa, shredded cheddar cheese and a few crumbled whole grain tortilla chips on top, with cantaloupe
8. lettuce wraps: a mix of noodles or rice, vegetables, beans and sauce wrapped in lettuce leaves. Serve with yogurt and berries
9. tuna or salmon salad sandwich with tomato, lettuce and cheese and a fruit cup
10. cheese and vegetable frittata or omelet with whole wheat toast and fruit salad
11. chicken, pineapple and vegetable stir-fry with brown rice and milk to drink
12. pita pocket with hummus, lettuce, shredded carrots, cucumber slices and cheese, with a sliced apple
13. pieces of roast chicken or beef, with honey mustard for dipping, snap peas, homemade muffin or biscuit and milk
14. pasta salad with cheese, beans or lean meat, bell peppers and tomatoes, with fresh or frozen blueberries
15. bean wrap (kidney beans, corn, grated cheddar cheese, guacamole, salsa and sour cream wrapped up in a whole wheat flour tortilla)
16. beef and vegetable stew or chili with a slice of whole wheat bread and a yogurt drink
17. toasted whole grain bagel with nut or seed butter, served with melon slices, carrot sticks and milk to drink
18. egg salad sandwich topped with cheese, lettuce and tomato slices and fresh or frozen raspberries
19. nut or seed butter and a banana (or berries) rolled into a whole wheat tortilla with snap peas and a yogurt
20. salad shaker – mix salad ingredients (such as lettuce, cucumber, bell peppers, tomato, carrots, shredded cheese, sliced grapes or strawberries, nuts or seeds, roasted chicken) in a container with a lid; send a separate container with dressing (when ready to eat, pour on the dressing and shake it up) serve with a crusty whole wheat roll

Keep in mind children's eating ability, potential choking hazards and food allergies when planning lunches