

School lunch box ideas

Fruits

1 cup/whole fruit

- Apple slices
- Applesauce
- Avocado
- Banana
- Blueberries
- Cantaloupe
- Cherries
- Dried Fruits
- Grapes
- Honeydew
- Kiwi
- Mango
- Oranges
- Peaches
- Pears
- Pineapple
- Plums
- Pomegranate
- Raisins/Craisins
- Raspberries
- Strawberries

Grains

Check nutrition label for serving size

- Crackers
- Dry Cereal
- English Muffin
- Granola
- Popcorn
- Pasta
- Pita
- Pretzels
- Rice
- Rice cakes
- Sandwich bread
- Tortilla
- Whole Grain
- Crackers

Vegetables

1 cup raw 1/2 cup cooked

- Carrots
- Bell Pepper
- Broccoli
- Cauliflower
- Celery Sticks
- Cucumber
- Edamame
- Green Beans
- Mushrooms
- Olives
- Peas
- Spinach/salad
- Sweet Potatoes
- Tomatoes
- Veggie chips

Protein

Check nutrition label for serving size

- Boiled Eggs
- Beans
- Chicken
- Hamburger
- Patty
- Jerky
- Low Sodium
- Lunch Meat
- Meatballs
- Nuts
- Peanut/Nut
- Butter
- Taco Meat
- Tofu
- Tuna

Dairy

1 cup milk

- Cheese cubes/slices/sticks
- Cottage Cheese
- Smoothie
- Yogurt

Dips and Spreads

- Cream Cheese
- Honey Mustard
- Hummus
- Ketchup
- Mustard
- Nut Butter
- Ranch Dressing
- Salsa
- Sour Cream
- Marinara sauce
- Hazelnut Spread
- Jelly
- Tzatziki Sauce
- Guacamole

Drinks

- Plain low fat or fat free Milk
- Water
- Infused water

