

SCHOOL LUNCH IDEAS FOR CHILDREN

Making school lunches for children day after day can be a challenge. We have been asked for some ideas. Please see the attachment below for some fun lunch box ideas for your child. Sometimes packing the lunches together can be a fun kitchen activity. Research shows that children are more willing to eat new things if they have helped in the preparing of the meal.

Have fun in the kitchen together!



Lunch Meal	Veggies	Fruit	Grains	Dairy	Proteins
Ham and Cheese sandwich Crunchy Vegetables Strawberries Water	Crunchy Veggies -carrots -cucumber -celery -peppers	Strawberries	Whole Grain Bread	Cheese Slice	Ham
Chicken Pita Milk Cucumbers Banana	Cucumbers	Banana	Whole Grain Pita	Milk	Chicken
Crackers Cheese Cubed Deli Meat Crunchy Vegetables Grapes Water	Crunchy Veggies	Grapes	Whole Grain Crackers	Cheese	Cubed Meats
Veggies and Yogurt Dip Hard boiled egg Banana Muffins Apple	Veggies	Apple	Muffin	Yogurt	Egg
Rice Cakes Hummus and Crunchy Veggies Blueberries Milk	Crunchy Veggies	Blueberries	Rice Cakes	Milk	Hummus