



Lunch & Snack Suggestions

A balanced lunch should have a portion from each category below. Portions don't have to be large, lots of small portions of food allow a child to explore different good textures and tastes. Leftovers can always be incorporated into lunch entrees or sides.

Tupperware with set dividers make packing a lunch with variety easier. A thermos can be used to keep pastas, rice, quinoa or soups warm. Always pack a water bottle!!!

Entrees:

Quinoa or Rice--plain or with added spices and veggies (ex: carrot & onion, zucchini)

Pasta (spaghetti, bow ties, penne, ravioli, linguini), Sauce (marinara, oil & garlic powder, cheese etc.)

Mac and Cheese

Fish Sticks

Leftover Veggie/Cheese Pizza

Veggie Sausage or burger patties

Sushi

Quesadilla with cheese and/or veggies

Salmon

Grilled cheese

Soup in thermos

Scrambled egg or omelet

Sandwiches--can switch up breads for variety (ex: bagel, wrap, toast)

-Tuna, Sunflower butter and jelly, Egg Salad , Cheese and tomato, Cream cheese and vegetables or even lox!

Fruit:

Cut fruit often adds appeal!

Strawberries

Blueberries

Apple

Peaches

Nectarines

Pear

Orange

Banana

Watermelon

Grapes

Mango

Pineapple

Vegetables:

Avocado (technically fruit)--mashed, cubed, guacamole

Cucumbers

Carrots

Yams

Corn on the cob

Broccoli

Cauliflower

Asparagus

Simple salads

Potatoes-mashed, seasoned etc

Green beans

Snap peas

Snacks:

Apple sauce

Granola bar

Veggie chips

Seaweed snack packs

Cheese and crackers

Yogurt

Pickles

Rice cake

Pretzel

Puffed corn cereals

Pretzels

Hummus

Seeds

Hard boiled egg

Sample Lunches:

A: Mashed avocado, cheddar slices, chips/crackers, cut strawberries, scrambled egg and yogurt

B: Quinoa cooked in vegetable broth with carrots and onion, banana, bag of cut cucumber, cubed avocado and granola bar

C: Grapes, corn chips, grilled cheese sandwich, fruit twist treat and drink