

# MOM'S LUNCHBOX OPTIONS

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This document provides options for your child's lunchbox, as well as suggested quantities. You may notice some of these foods are included in more than one list, since they incorporate more than one food group.

Feel free to edit and expand based on what's available in your kitchen!

## PROTEIN (Kids choose 1)

Cold ham and penne pasta salad with cheese

Homemade Lunchables (ham or turkey with cheese)

"Pizza" Lunchables (pita or tortilla bites, sauce, shredded cheese)

Leftover mac and cheese in Thermos

Ants on a log (celery, peanut butter, raisins)

Tomato-and-cheese kabobs on toothpicks

Burrito or taco wrap (options: cheese, veggies, rice, meat, sour cream, and/or beans)

Deconstructed nachos (tortilla chips w/ options: cheese, tomato, beans, meat, and/or lettuce)

Corndog muffins (cold)

DIY mini sandwich kit (small squares of bread, cheese, meat)

Yogurt smoothie

Yogurt cup

Leftover soup in Thermos

PB&J sandwich

Cheese stick

Cheese slice

Meat-and-cheese sandwich or tortilla wrap (ham or turkey)

BLT sandwich or tortilla wrap

"Apple sandwich" – apple slices with peanut butter

Graham cracker and peanut butter sandwich

Quesadilla (cold)

Homemade trail mix (options: nuts, cereal, pretzels, dried fruit, chocolate chips, etc.)

Leftover tortilla pizza "sandwich" (cold)

Larabar or Clif bar

Leftover pasta in Thermos

Pancake/waffle sandwich with peanut butter (option: add cinnamon)

French toast sandwich with cream cheese and jam

Meat and cheese rollup (ham or turkey)

Nuts (peanuts, cashews, almonds, or mixed)

# MOM'S LUNCHBOX OPTIONS – cont'd

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## VEGGIES (Kids choose 1 or 2)

Ants on a log – celery, peanut butter, raisins  
Tomato and cheese kabobs on toothpicks  
Baby carrots with dip  
Cucumbers with dip  
Salad with lettuce, cheese, and dressing  
Grape tomatoes  
Celery bites with dip

## FRUITS (Kids choose 1 or 2)

Mini fruit kabobs on toothpicks  
Apple or apple slices  
Clementine  
Orange slices  
Applesauce  
Grapes  
Cantaloupe  
Watermelon  
“Apple sandwich” – apple slices with peanut butter  
Raspberries  
Blueberries  
Dried cranberries  
Raisins  
Strawberries  
Pears  
Peaches  
Banana (whole or half)  
Kiwi  
Dried mango slices

# MOM'S LUNCHBOX OPTIONS – cont'd

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## GRAINS (Kids choose 1)

Granola bar  
Popcorn  
Tortilla chips  
Wheat crackers  
Cornbread/muffin  
Pretzels  
Oatmeal in Thermos  
Muffin (1 full or 3 minis - blueberry, strawberry, banana, banana chocolate chip)  
Granola  
Cereal  
Homemade trail mix (options: nuts, cereal, pretzels, dried fruit, chocolate chips, etc.)  
Banana bread  
Leftover pancakes or waffles  
Pancake/waffle sandwich with cream cheese (option: add cinnamon)  
Scone  
Healthy cookies  
Graham crackers  
Cereal bar

## DRINK (Kids choose 1)

Bottled water  
Horizon milk box (chocolate, strawberry, or vanilla)  
Honest Kids juice

## SPECIAL TREATS (occasional – Kids choose 1, if Mom says it's okay!)

Fruit strips  
Potato chips or cheese puffs  
Bunny crackers/grahams  
Yogurt-covered raisins  
Cookies  
Small candy piece