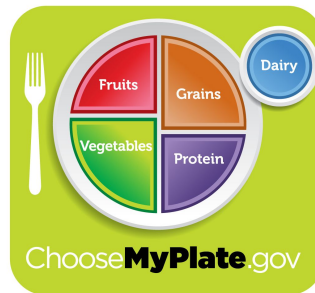


Tips for Packing a Healthy and Delicious Lunchbox



Packing school lunches can be a daunting task for parents, but it doesn't have to be complicated. Use this list to build a lunch that your child will love. Even better, let them be involved in the choices and the packing!

~Aim to pack 4-5 food groups from MyPlate

~Pack what you can the night before to make mornings easier

Protein

- Yogurt
- Lean meats (nitrate free turkey, roast beef or ham)
- Leftover rotisserie chicken, pork, or beef
- Smoked salmon
- Hard boiled eggs
- Salami and cheese roll ups
- Hummus
- Nut butters (in a container or indiv packets)
- Sun butter
- Beans
- Meatballs
- Cheese
- Tuna fish
- Black bean dip
- Taco fixings (meat, beans, cheese)
- Burritos
- Lentils
- Tofu
- Tempeh
- Edamame
- Cottage cheese
- Shrimp
- Salmon

Fruit

- Cuties or sliced oranges
- Berries
- Grapes (fresh or frozen)
- Mixed dried fruit
- Apple slices
- Melon balls
- Grapes (fresh or frozen)
- Sliced oranges
- Applesauce pouches
- Fruit leathers
- Freeze dried fruit

- Frozen smoothies (thawed by lunchtime)

Vegetables

- Sliced sweet peppers
- Cherry tomatoes
- Kale chips
- Vegetable soup
- Celery sticks
- Carrot sticks
- Edamame
- Sugar snap peas
- Salsa
- Broccoli/cauliflower florets
- Salads (Greek, Caesar, taco salad)

Calcium rich foods

- Low-fat milk
- calcium fortified soy milk or Ripple
- plain low-fat or nonfat yogurt (try mixing with flavored to start)
- String cheese
- Dried beans
- Chickpeas (roasted or canned)
- Garbanzo beans
- Calcium fortified breakfast cereals
- Broccoli, kale

Grains (Whole when possible)

- Mini wheat bagels
- Bread (go for whole wheat, sprouted or sourdough)
- Pita pockets
- Pasta
- Brown/white rice
- Whole grain crackers
- Mini pancakes (spread with nut butter)
- Rice cakes
- Tortillas
- Popcorn
- Oats
- Barley, farro, quinoa

Fats

- Avocado
- Nuts and nut butters

- Olives
- Sardines
- Salmon
- Oil based salad dressings

Savory and Sweet

- Homemade muffins
- Granola bars
- Banana chips
- Trail mix (make your own with nuts, sunflower seeds, dried fruits, cereal)
- Jerky
- Tortilla Chips and salsa
- Pita chips
- Pretzels
- Seaweed
- Popcorn
- Homemade pudding
- Fortune cookie
- No bake peanut energy balls

Thermos Ideas

- Leftovers
- Pasta and meatballs
- Rice, beans, cheese
- Chili
- Soups like lentil, chicken noodle, vegetable
- Pesto pasta with chicken, broccoli and parm
- Stir-fry with tofu or meat, veggies
- Yogurt parfait: ½ plain yogurt, ½ flavored

Meal Ideas

- Grilled chicken, brown rice, cucumber slices, hummus, grapes
- Hard-boiled egg, whole wheat pita chips, clementines, yogurt, mini muffin
- Peanut butter (or sun butter) and banana pinwheels on whole wheat lavash bread or tortilla, greek yogurt, baby carrots
- Black bean soup with shredded cheese on top, corn tortilla chips, avocado, orange slices
- Egg, tuna or chicken salad sandwich on whole wheat bread, bell peppers, grapes, yogurt
- Bean and cheese quesadilla, blueberries, cucumber slices, popcorn
- Taco fixings: corn or flour tortilla, cheese, beans, tomatoes, guacamole, watermelon cubes
- Avocado and carrot sushi, fruit skewers, edamame, oatmeal cookie
- Chicken noodle soup, brown rice cakes with nut butter, grapes, cherry tomatoes
- Leftover pizza (can be warm or cold), baby carrots, ranch dip, sliced mango
- Turkey sandwich on whole grain pita with hummus, avocado, lettuce, shredded carrots,
- Greek salad with romaine, olives, tomatoes, feta, side of vinaigrette, side of hummus, whole wheat pita chips
- Tamales, corn and black bean salsa, string cheese, clementines,
- Apple, Peanut Butter, and Cinnamon Wafflewich, cucumbers, blueberries, mini bell peppers, yogurt

- Kiddie Cobb salad: chopped lettuce, chopped cherry tomatoes, chopped turkey or rotisserie chicken, chopped avocado, chopped or shredded cheese, side dressing

Lunchboxes

- https://miersports.com/kids_lunch_bag
- www.potterybarnkids.com
- www.llbean.com
- Don't forget freezer packs!
- Bentgo.com
- www.planetbox
- www.ecolunchboxes.com
- Bentology.com

Bento boxes

Hot-food containers

- Thermos (Funtainer)
- www.kidskonserve.com
- Hydroflask
- MIRA
- www.Lunchbots.com
- www.rubbermaid.com
- Mason jars

Storage containers

Lunchbox Resources

- <https://www.superhealthykids.com/10-protein-foods-plus-crunchy-pecan-chicken/>
- <https://foodrevolution.org/blog/healthy-school-lunch-ideas/>
- <https://www.holleygrainger.com/healthy-lunchbox-headquarters/>
- [Best Lunchbox Ever: Ideas and Recipes for School Lunches Kids Will Love: Katie Sullivan Morford](#)
- [The Lunch Box: Kate McMillan and Sarah Putman Clegg](#)