



# Lunch Box Ideas For Kids



## Protein Choices:

- Cheese sticks or cubed cheese
- Yogurt
- Sliced turkey or other sliced meat
- Peanut butter (if allowed)
- Sunflower butter
- Cottage cheese
- Hard boiled egg

## Carbohydrate Choices:

- Whole wheat bread
- Tortilla
- Pita bread
- Mini bagels
- Crackers
- Popcorn
- Graham crackers
- Granola bars
- Pretzels

## Fruit Choices:

- Orange slices
- Apple slices
- Applesauce
- Peach slices
- Pineapple
- Banana
- Mixed fruit
- Watermelon
- Cantaloupe
- Honey dew
- Grapes
- Raisins
- Dried fruit
- Strawberries
- Blueberries
- Raspberries
- Blackberries
- Sliced kiwi

## Vegetable Choices:

- Carrot sticks
- Celery sticks
- Tomatoes
- Cucumber
- Green, orange, or red peppers
- Mushrooms
- Salad
- Cauliflower
- Broccoli
- Snap peas