



# Lunch Ideas

Suggestions for a Healthy Lunch

## Proteins

Precooked chicken strips  
Chicken Vienna Sausages  
Ham (or other deli meat) slices  
Hot dogs  
Chicken nuggets  
Hummus  
Black beans  
Morningstar chicken  
Bacon  
Precooked sausage  
Pepperoni  
Pizza  
Cream Cheese and Jelly Roll-Up  
Sushi  
Fish sticks  
Tofu  
Boiled egg\*  
Peanut butter crackers (sandwich)\*  
Cooked shrimp\*

## Starches\*

Pretzels  
Oyster crackers  
Graham crackers  
Wasa crackers  
Goldfish  
Pita  
Tortillas  
Muffins  
Bagels  
Shredded Mini-Wheats  
Cooked pasta  
Cheerios  
Wheat Chex

## Fruits

Mandarin oranges  
Cantaloupe  
Pears  
Apple slices  
Banana  
Watermelon  
Peaches  
Grapes  
Applesauce  
Cucumbers  
Tomatoes  
Strawberries  
Raspberries  
Blueberries  
Clementines  
Oranges  
Mango  
Avocado  
Cherries

## Dairy

Gogurt  
Yogurt (Yo Baby or other)  
String cheese  
Cheese slices  
Cottage cheese

## Vegetables

Cooked beans  
Cooked carrots  
Baby carrots  
Sweet peas  
Black-eyed peas  
Broccoli  
Sweet corn  
Snap peas  
Mushrooms  
Fried okra  
Sweet peppers  
Cooked potatoes  
Cooked sweet potato

## Other\*

Fiber One bars  
Cereal bars  
Almonds  
Dried fruit  
Gerber Graduates  
Lunchables

**\*Possible allergens – check with your child’s teacher to ensure there is not an issue with allergies**

