

HEALTHY LUNCH IDEAS

MAIN DISH

Whole-wheat waffle
Bagel with cream cheese or
peanut butter
Pizza bagels/English muffins
Turkey and cheese roll-ups
Pasta
Chicken nuggets
Grilled/rotisserie chicken
Tuna salad
Egg salad
Omelet
Quesadilla
Burrito/taco
Meatballs
Baked sweet potato
Veggie burger
Grilled Cheese
Fruit and yogurt parfait

TREATS

Oatmeal cookie
Baked chips
Air-popped popcorn
Jello
Fruit leather
Fig bars (Newtons)
Frozen smoothie
Dark chocolate

FRUITS AND VEGGIES

Apple (with peanut butter)
Orange
Grapes
Banana
Strawberries
Blueberries
Cherry tomatoes
Cucumber
Carrots
Celery sticks
Sugar snap peas
Steamed broccoli

SNACKS

Whole grain crackers
Mixed nuts
Granola bar
Pretzels
Muffin
Hummus (with veggies or
crackers)
Cottage cheese
String cheese
Yogurt
Rice cake
Applesauce
Raisins
Granola