

A Month of Lunch Ideas



Egg salad sandwich with diced celery and red pepper on whole wheat bread
Yogurt
Mandarin oranges

Tortilla wrap with cream cheese, shredded carrots, diced bell peppers, spinach, green onions, jack cheese
Nut butter with whole wheat crackers or trail mix if over 4 years old
Peaches

Bean Chili
Whole wheat crackers
Cheese slices
Apricots



Turkey and cheese sandwich on whole wheat bread, with tomato slices on the side
Carrot sticks and zucchini slices (Steamed vegetable for kids under 4 years old)
Pears

Cheese and small chicken cubes with grape tomatoes cut in half and cucumbers with whole wheat crackers
Applesauce



Chicken salad sandwich with diced celery and green pepper on whole wheat bread
Yogurt
Clementine

Hard-boiled egg, peeled
Cheese cubes
Whole wheat roll
Grape tomatoes cut in half
Kiwi fruit

Pizza slices with cheese and vegetables
Apple slices sprinkled with lemon juice



Greek pasta salad with chopped cucumber, tomato and black olives, feta cheese and Italian dressing
Whole wheat pita
Watermelon

Banana wrap with whole wheat tortilla, nut butter and banana
Sugar snap peas

Yogurt



Tuna Salad Sandwich with shredded carrots and diced celery
Yogurt
Tangerine



Turkey and cheese rolled around pickle spear with whole grain crackers
Red bell pepper
Fruit cocktail in water or juice



Bean and cheese quesadilla with brown rice, tomato and salsa
Fruit salad



Wheat pasta salad with beans or ham cubes, cheese cubes and shredded vegetables with Italian dressing
Cantaloupe

Yogurt parfait with sunflower seeds, granola and fruit (mix at school)
Nut butter with whole wheat crackers

Peanut butter (or other nut butter) and jelly on whole wheat bread
Cucumber slices with ranch dressing
Yogurt with berries



Apple chicken wrap: Mix diced apples and chicken breast with yogurt or cottage cheese; spread on wheat tortilla and add spinach and cheese
Pineapple

Whole wheat macaroni and cheese made with bell peppers
Orange slices



Hummus with whole wheat pita bread
Cheese cubes
Broccoli
Apple Slices



Inside out sandwich made with bread stick, cheese and turkey slice with lettuce wrapped on outside
Grapes (cut in half)

A Month of Menus for Preschoolers

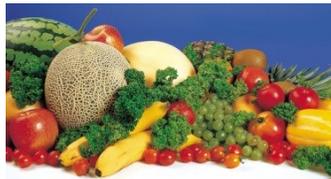
Have you tried to spice up the kids' lunch boxes with foods other than the tried and true peanut butter and jelly? The following ideas include a balance and variety of foods and may be just the spark you need to get some fresh ideas. Remember, children need regular exposures to new foods before they will accept them.

Watch out for foods that can cause choking for children under age four. Some foods that young children can choke on include hot dogs, raw carrots, apple pieces, whole grapes, fruits with pits, and popcorn.



When planning a healthy lunch, keep in mind that it should include a variety of food groups.

- 1-2 servings of vegetables
- 1 fruit
- Whole grains such as whole wheat bread, pasta, or brown rice
- A good source of lean protein such as beans, eggs, chicken, fish, beef
- A good source of calcium such as milk, cheese, or yogurt



Serve lunches with water or low-fat, unflavored milk to drink.

If there is no refrigeration for your child's lunch box, be sure to include an ice pack.



Make ahead tip—Cook the pasta for salads over the weekend. Chop vegetables to store until packing the lunch.

When sending hot foods, put in an insulated container designed for packed lunches. Or, if possible, have an adult heat the food for your child.

Enjoy your food choices and perhaps these tasty foods may be just right for your lunch, too!