

120 **BACK TO SCHOOL** **LUNCH IDEAS**

MAIN COURSE (CHOOSE 1)

SANDWICHES

Italian Sandwich
PB & Jelly
Ham & Cheese
Turkey, Avo & Sprouts
Tuna & Celery
Egg Salad
Salami & Cheese
PB & Banana
Cucumber & Cheese
Turkey & Cheese
Pita Pizza Pocket
Roast Beef & Cheese
Club

WRAPS

Hummus & Veggie
BLT
Chicken Cesar Salad

Chicken Ranch
Lettuce Wraps
Hummus, Meat & Veggie
Veggies & Cream Cheese
Any Sandwich Filling
PB, Banana & Honey

OTHER

Cold Pizza
Burritos
Chicken Nuggets
Lunch Meat, Cheese & Crackers
Leftovers
Nachos (See Recipe)
Pasta Salad
Chili & Cornbread
Bagel, Avo & Sprouts
Steak or Chicken Quesadilla
Shredded Chicken & BBQ Sauce

Rice and Beans
Baked Egg Cups (See Recipe)
Mac 'n Cheese
Mini Corn Dogs
Taco Salad (See Recipe)
Sloppy Joe's

FRUITS & VEGGIES

Pick 2 of your child's favorites
or see list on next page

DRINKS (CHOOSE 1)

Water
Juice (100%)
Plain or Chocolate Milk
Sparkling Water
Lemonade
Water Diffused With Fruit

SNACKS & SWEET TREATS (CHOOSE 1-2)

SNACKS

Trail Mix
Granola Bars
Jerky or Beef Sticks
Pretzels
Veggie Chips
String Cheese
Yogurt & Granola
Popcorn
Hummus
Salami & Cream Cheese
Deviled Eggs
Laughing Cow Cheese
Guac & Chips
Crackers

Cold Cuts & Cheese
Kind Bars
Pirate's Booty
Celery or Apple and Nut Butter
Chex Mix or Cheerios (dry)
Pita Chips
Graham Crackers
Roasted Crunchy Chickpeas
Sun Chips
Raisins
Pickles
Pumpkin Seeds
Pepperoni and Mozzarella Cheese
Rice Cakes
Banana and Peanut Butter

Baked Chips (See Recipe)

SWEET TREATS

Cookies
Rice Krispie Treats
Fruit Snacks
Oreos
Chocolate Chips & Nuts
Pudding or Jello
Chocolate Covered Strawberries
Fun Size Candy
Fruit Roll-up/Fruit Leather
Apple, PB & Marshmallows
Yogurt Covered Raisins

FRUITS & VEGGIES (CHOOSE 2)

FRUIT

Apples
Pears
Bananas
Grapes
Strawberries
Blueberries
Rasberries
Peaches
Watermelon
Cantalope
Honeydew
Oranges

Mandarins: Cuties, Halos
Clementines
Plums
Applesauce
Cherries
Kiwis
Pineapple
Mangos
Nectarines
Dried Fruit
Freeze Dried Fruit
VEGGIES
Cherry Tomatos

Baby Carrots
Sliced Cucumber
Sliced Bellpepper Strips
Peas
Edamame
Snap Peas
Winter Squash
Baby Corn
Beets
Roasted Veggies & Ranch

FAVORITE FOODS & DRINKS

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