

25+ SCHOOL LUNCH IDEAS



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Main Dishes:	Ingredients/Variations:	Side Dishes:
Homemade Lunchables	a) Meat (turkey, ham, roast beef, pepperoni, salami, bologna) b) cheese (pick your favorite) c) crackers (pick your favorite)	- fresh fruit (cuties, grapes, apple slices, berries, melon, cherries) - dried apple rings or other dried fruit - frozen smoothie
Bagels with cream cheese (or cream cheese and jelly!)	Try pairing various flavors of bagels with different flavors of cream cheese!	- cheese stick or Babybel - side salad (dressing in separate leak-proof dish)
Homemade Hot Pockets	Pepperoni & cheese, ham & cheese, sausage & cheese, veggies & cheese, ham & pineapple	- veggies with dip or hummus - nut-free energy bites
Pinwheel sandwiches	20+ delicious ideas for variety	- hummus & crackers - fruit & yogurt
Quesadillas		- yogurt & granola (granola in separate container - mix in at lunch)
Tortilla Wraps	Meat/cheese/lettuce/tomato Chicken Caesar	- pretzels - raisins, craisins (also, yogurt-covered)
English Muffin Pizzas	Already made or simply send in the fixin's and let your kiddo make it at lunch time.	- homemade trailmix - homemade popcorn (so many flavor possibilities!)
Burrito Bowl	Rice, beans, meat, fajita veggies (onions & peppers), sour cream, guacamole, cheese	
Breakfast burrito bowl	Eggs, potatoes, beans, meat (bacon, sausage), cheese, sour cream, guacamole, salsa	
Nachos	Tortilla chips, beans, meat, tomatoes, lettuce, jalapeños, cheese, salsa, guacamole, sour cream	
Tacos	Meat, cheese, lettuce, tomatoes,	

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Hot dog (with or without a bun)	Add favorite sauces, chili, cheese	- Goldfish
Tuna Fish Salad	On its own, with crackers, in a sandwich, in a pinwheel sandwich	- Animal Crackers
Noodles with sauce	Pesto, alfredo, marinara, buttered noodles, parmesan cheese	- cottage cheese
Veggie Burger	On its own (as a burger), crumbled in a salad, in tacos or nachos or burritos	- applesauce
Homemade Pork sliders		- homemade pouches (smoothies, applesauce blends)
Kabobs	Various combos of meat, cheese, veggies, even fruit!	- chips & guacamole
Quiche	Tons of flavor options, and it tastes great cold!	- rice cakes (plain, or top with peanut butter & raisins)
Strata	Lots of flavor combos to try	- homemade muffins (protein, cornbread, blueberry, strawberry, zucchini, bran, etc)
Grilled Cheese	Go basic with just cheese, or add variety with different cheeses, add-ins and breads!	- potato salad
Baked potato with the fixin's	Options: butter, sour cream, cheese, green onions or chives, bacon, BBQ chicken and much more	- pasta salad
Stuffed Pitas	Make a sandwich an adventure by putting the filling ingredients into a pita!	- hard boiled eggs
Homemade Soup	Veggie soups, Chicken noodle soup, Creamy soups, even Chili	- egg salad
Overnight Oatmeal	Lots of possibilities and options for variety.	- lentil snaps
		- edamame (in shell or out, depending on preferences)
		- Pirate's Booty

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Waffles or pancakes	Put some jam or maple syrup in a condiments container on the side	
Sandwiches	Favorite meat and cheese varieties, BLT, BLTA	
Leftovers	Spaghetti, Macaroni & cheese, meatballs, meatloaf, sloppy joes	
Cooked oatmeal in a thermos	Variety options, add: raisins, bananas, butter, brown sugar, walnuts	