

SCHOOL LUNCH INSPIRATION

PROTEIN (Not a sandwich)	+	CARB /GRAIN	+	VEGETABLE	+	FRUIT
Bean Burrito		100% Whole Grain Bread		Avocado, Half or Slices		Apple Sauce
Cheese Cubes, Slices, Sticks		100% Whole Grain Crackers		Bell Pepper Strips		Apple Sliced
Chicken Noodle Soup		Banana Bread		Broccoli, Raw or Cooked		Banana
Chicken Salad		Blueberry Muffins		Carrots Sticks		Cantalope Cubes
Chili		Carrot Muffins		Cauliflower, Raw or Cooked		Clementines
Cold Salmon		Corn Tortillas		Celery Sticks		Frozen Blueberries
Deli Meat, Slices or Rolls		Cornbread		Cherry Tomatoes		Frozen Raspberries
Falafel		Granola		Cucumbers, Sliced or Spear		Fruit Smoothie in Thermos
Fried Rice		Pancakes		Edamame, in Pod or Beans		Grapes
Hardboiled Egg		Popcorn		Green Beans		Honeydew Cubes
Hummus		Pretzels		Guacomole		Kiwi Slices
Meatballs		Pumpkin Bread		Jicama		Mandarin Oranges, in juice
Nut or Seed Butter *		Rice Balls		Kale Chips		Orange Segments
Pasta Salad		Soba Noodles		Pea Pods		Pear Slices
Pita Pocket		Tortilla Chips		Roasted Brussels Sprouts		Pineapple, in juice
Pizza		Waffles		Roasted Butternut Squash		Raisins
Quiche		Whole Wheat Pasta		Roasted Sweet Potato Fries		Strawberries
Quinoa Salad		Whole Wheat Pita		Roasted Yams		Watermelon Cubes
Roasted Garbanzos		Zucchini Bread		Salsa		
Tofu Cubes				Tomato Soup		
Tortellini						
Tortilla Wrap						
Tuna Salad						
Vegetable Soup						
Wontons						
Yogurt						

*Reminder that many schools ban nuts including peanuts