

Easy Lunch Ideas for Kids

Pick one from each category

Protein

- Deli Meat
- Cooked Meat
- Milk
- Yogurt
- Hard-Boiled Eggs
- Edamame
- Cheese
- Cottage Cheese
- Tuna
- Beans
- Quinoa
- Lentils
- Chickpeas
- Oats
- Tofu
- Nuts
- Seeds
- Peanut Butter

Grains

- Crackers
- Muffins
- Popcorn
- Bread
- English Muffin
- Pasta
- Tortillas
- Oats
- Rice
- Pita Bread
- Pretzels
- Quinoa

Fruit/Veggies

- Salad
- Bell Peppers
- Celery
- Carrots
- Snap Peas
- Tomatoes
- Cucumbers
- Cauliflower
- Broccoli
- Apple
- Berries
- Raisins
- Grapes
- Banana
- Kiwi
- Melon
- Applesauce
- Orange
- Avocado
- Peaches
- Pears

Fun

- Cookies
- Trail Mix
- Chips
- Muffins
- Popcorn
- Fruit Snacks
- Chocolate
- Snack Bars
- Fruit Leather