

# SCHOOL LUNCH IDEAS

## Mains

PB&J  
Turkey & Cheese roll-ups  
Tuna & Crackers  
Spaghetti & Meatballs  
Pasta Salad  
Bagel & Cream Cheese  
Meat, Cheese & Crackers  
Pizza  
Mac & Cheese  
Chicken Nuggets  
Quesadilla  
Quiche  
Soup  
Pita & Hummus

## Fruit/Vegetables

Apples	Mango
Avocado	Melon
Bananas	Olives
Bell Peppers	Pear
Blackberries	Peaches
Blueberries	Pickles
Broccoli	Pineapple
Carrots	Raspberries
Cucumbers	Snap Peas
Celery	Strawberries
Cherries	Tomatoes
Corn	Watermelon
Dried Fruit	
Kiwi	

## Snacks

Cookies  
Chips  
Popcorn  
Fruit Snacks  
Trail Mix  
Pretzels  
Yogurt  
Muffin  
String Cheese  
Granola/Cereal Bar  
Pudding  
Crackers

## Drinks

Water  
Apple Juice  
Milk  
Smoothie  
Lemonade  
Sparkling Water