

15 Healthy Packable Lunch Ideas

(AND 50+ MIX'N'MATCH OPTIONS)

MEAL #1

PITA PIZZAS, "LUNCHABLES" STYLE

Soaked whole wheat pitas
Mozzarella cheese
Tomato sauce
Small salad w/dressing
Grapes

MEAL #2

TORTILLA ROLL-UPS, MEAT/CHEESE

Soaked whole wheat tortillas
Nitrate-free lunch meat
Sliced cheese
Orange slices & Cucumber slices

MEAL #3

TORTILLA ROLL-UPS, NUT BUTTER

Soaked whole wheat tortillas
Almond butter (or sunflower seed, etc.)
Apple slices
Celery sticks

MEAL #4

HOT SOUP

Chicken and Wild Rice soup, or
Garden Veggie soup
Biscuit
Peach slices

MEAL #5

GRILLED CHICKEN SANDWICH

Marinated chicken
Sprouted bun (or choose a GF variety)
Lettuce, tomato, pickle, cheese, or other
condiments/toppings
Banana

MEAL #6

GREEN SALAD

Lettuce
Tomatoes, carrots, cabbage, bell
peppers, or other favorite veggies
Favorite dressing
Cheese
Chicken or beans

MEAL #7

MAC'N'CHEESE

Mac'n'cheese
Broccoli
Chicken or ham
Pear slices

MEAL #8

GRAHAM CRACKERS AND NUT BUTTER

Graham crackers
Nut butter (or sunflower seed butter)
Yogurt
Apple slices & Celery sticks

MEAL #9

HUMMUS, PITAS AND VEGGIES

Hummus
Pitas
Broccoli, cherry tomatoes,
carrots, celery, bell peppers, etc.

MEAL #10

APPLE SANDWICHES

Apples, cored and cut sideways
Nut butter of choice
(peanut, almond, pecan, sunflower)
Raisins
Carrot sticks

MEAL #11

CHICKEN NUGGETS

Homemade chicken nuggets
Cheese slices
Dried cranberries
Cucumber slices

MEAL #12

MINI-BURGERS

Sprouted buns
Burgers
Cheese, lettuce, tomato, other toppings
Sweet potato chips
Watermelon

MEAL #13

CHEESE STICKS

Mozzarella sticks
Trail mix
Blueberries

MEAL #14

QUESADILLAS

Quesadillas (cheese; or add chicken,
peppers, etc. if your child likes)
Black beans or refried beans
Pineapple chunks

MEAL #15

TACO KIT

Ground beef or chicken with taco seasoning; or Mexican pork roast
Tortillas
Cheese, sour cream, salsa, lettuce, tomato, or other favorite toppings
Apple-peach sauce

MIX'N'MATCH IDEAS

CHOOSE 1 FROM EACH CATEGORY (OR SOME CATEGORIES) TO CREATE A HEALTHY LUNCH!

MAIN DISHES

Grilled-cheese roll ups
Cheeseburger soup
Broccoli cheddar soup
Baked potato soup
Honey oat bread
(for sandwiches)

SIDE DISHES

Cheese slices or sticks
Yogurt
Granola
Sweet potato chips
Hard-boiled eggs
Quinoa salad
Baked beans
Banana bread
Pumpkin bread (GF version)

FRUITS

Bananas • Apples • Oranges
Grapes • Peaches • Plums
Pears • Raisins
Cranberries (dried)
Blueberries • Blackberries
Raspberries
Watermelon • Pineapple
Applesauce

VEGETABLES

Cucumbers
Carrots
Celery
Broccoli
Tossed salad
Bell peppers
Cherry tomatoes
Cauliflower
Snap peas

DRINKS

Water
Milk
Herbal Tea
Lemonade
Strawberry-limeade
Kombucha

TREATS

Chocolate chips
Granola bars
Chocolate muffins
Apple cinnamon oat muffins