

Kid-Approved Lunches

20 SANITY-SAVING LUNCHBOX IDEAS

LEFTOVERS FOR THE WIN



Leftover spaghetti and meat sauce + raw snap peas + fruit and veggie pouch or sauce + whole grain granola bar

Leftover taco meat + fixings (cheese, salsa, lettuce, crushed taco shell) + an apple + homemade wholegrain muffin

Leftover lentil soup + whole grain crackers + carrot sticks + fresh blueberries + hummus + Greek yogurt

Leftover homemade Hawaiian pizza + sliced pear + veggie soup + homemade protein balls

Leftover pulled chicken or pork + whole grain bun + apple sauce + school safe kiddie trail mix (seeds, unsweetened dried fruit, whole grain cereal) + bell pepper strips

FINGER FOOD FUN



Whole grain crackers + cheddar cheese cubes + length-wise sliced grapes, raspberries + snap peas + dip + roasted chickpeas + protein/energy ball

Leftover hamburger/turkey burger cut into bite-sized pieces + ketchup to dip + homemade yam fries + apple slices with cinnamon sprinkled on top + baby tomatoes + homemade or whole grain granola bar

Sliced hardboiled egg + whole grain waffle strips + yogurt to dip + watermelon sticks + carrots + cucumber + dip

Homemade whole grain mini muffins + nectarine slices + turkey pepperoni sticks + kiddie trail mix (seeds, unsweetened dried fruit, whole grain cereal) + cheese string

Tortilla “sushi” (whole grain tortilla with either seed butter or cream cheese + fruit, wrapped up and sliced into bite-sized pieces) + raw veggie strips + hummus + apple slices + Greek yogurt to dip

BREAKFAST FOR LUNCH



Leftover French toast + Greek yogurt for dip (Greek yogurt + seed butter + chia seeds or hemp hearts + cinnamon) + sliced peach + cucumber strips + dip

Leftover muffin-tin veggie omelet + fruit salad + cottage cheese + homemade granola bar + cucumber strips

Whole grain pancakes + Greek yogurt + berries + little bit of maple syrup + carrot sticks + hummus

Homemade flourless zucchini blender muffin + leftover breakfast sausage + banana + yogurt or cottage cheese + assorted raw veggies

Build-your-own Greek yogurt parfait (Greek yogurt + whole grain granola + sunflower or pumpkin seeds + berries) + homemade granola bar

SANDWICH SAVIOR



Whole grain tortilla wrap with leftover meat, cheese, spinach + unsweetened fruit sauce + leftover broccoli salad + homemade whole grain banana loaf

Mini whole grain pitas + cheese and leftover meat or chicken + bell pepper strips + hummus + pear slices + whole grain granola bar

Tuna salad or egg salad sandwich on whole grain bread + fruit salad + snap peas + homemade protein/energy ball

Wafflewich (whole grain waffles + seed butter + banana slices) + homemade veggie soup + melon cubes + cottage cheese or yogurt

Crackerwiches (whole grain crackers + deli meat cheese) + leftover roasted veggies + roasted chickpeas + homemade whole grain muffin

THE CENTRE FOR



**Family
Nutrition**