

School Lunch Checklist & Planner

Directions: Choose 3-5 items from each category.

Main Meal Ideas

- Turkey
- Ham and cheese
- Salami
- Pita and hummus
- Peanut butter
- Almond butter
- Hard boiled egg
- Egg salad
- Tuna salad
- Taco salad
- Cream cheese
- Wrap
- Cheese, deli meat & crackers
- Soup
- Pasta salad

Fruit & Veggie Ideas

- Carrots
- Apple slices
- Clementines
- Grapes
- Blueberries
- Strawberries
- Edamame
- Pineapple
- Banana
- Grape tomatoes
- Raspberries
- Snap peas
- Melon
- Cucumber

Healthy Snack & Dessert Ideas

- String cheese
- Mandarin oranges
- Yogurt covered raisins
- Craisins
- Cheese cut into shapes
- Dried Seaweed
- Kale Chips
- Applesauce
- Pretzels
- Goldfish crackers
- Granola
- Yogurt
- Graham crackers
- Popcorn
- Trail mix
- Baked chips
- Pudding
- Cookies
- Rice Krispie Treat

Kids' Lunch Drink Ideas

- Water
- Flavored water
- Gatorade
- Juice box/pouch
- Lemonade
- Milk

