

NOTES

# School Lunch Ideas

MAIN MEAL

FRUITS/VEGGIES

SNACKS

- SANDWHICH
- WRAP
- RICE CRACKER SAMMIES
- HOMEMADE PIZZA
- COLD PASTA SALAD
- ROLLED COLD CUTS W/ CHEESE
- VEGGIE TACO
- HOT MEALS: PASTA, BEANS, SOUP, NUGGETS

- GRAPES
- BERRIES
- APPLE
- PLUMS
- BANANA
- PEARS
- PEACH
- ORANGE
- CHERRY TOMATOES
- CELERY
- CARROTS
- CUCUMBER
- SNOW PEAS
- GREEN BEANS

- SNACK BITES/ENERGY BALLS
- FRUIT SNACKS (APPLE SAUCE)
- HUMMUS & CHIPS/VEGGIES
- DRIED FRUIT
- CHEESE CUBES
- YOGOURT
- COOKIES
- CRACKERS
- SEEDS
- HARD BOILED EGGS

SANDWHICH & WRAP FILLERS

WOWBUTTER, CHICKEN SALAD, DELI MEAT, VEGGIE & CREAM CHEESE, CHEESE & APPLE, CHIA SEED JAM, EGG SALAD, BANANA & SUNBUTTER, FRUIT & CREAM CHEESE, HUMMUS + TOMATO + LETTUCE, TUNA, SALMON, MELTED CHEESE & PEPPERONI, PÂTÉ, SPROUTS & VEGAN MAYONNAISE