



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

30 School Lunch Ideas

1. Deli turkey and sliced cheddar roll-ups in a whole wheat tortilla, celery sticks and apple slices
2. Turkey pepperoni with Swiss cheese on crackers, red grapes, baby carrots
3. Deli ham with grilled corn guacamole rolled up in a whole wheat tortilla and sliced into pinwheels, strawberries, bell pepper sticks
4. Whole wheat pita pocket with cream cheese spread, roast beef, lettuce, tomato, and orange segments on the side
5. Mixed fruit with whole wheat crackers, cucumber slices, and low fat cottage cheese
6. Tortillas with cream cheese spiced with taco seasoning and rotisserie chicken rolled up and cut into pinwheels with cherry tomatoes
7. Wheat pasta tossed with salad dressing with pea pods, rotisserie chicken and red grapes
8. Deli roast beef and cheddar on whole wheat bread, cucumber slices and applesauce
9. Bagel with cream cheese with whole strawberries, pea pods, and a cheese stick
10. Granola with vanilla Greek yogurt, sliced banana, and nuts
11. Shredded cheese with baked chicken microwaved on a tortilla with salsa and an avocado half
12. Deli ham slices with sliced pear (canned in juice), wheat crackers, and yogurt
13. Bacon, tomato, shredded lettuce, and cream cheese rolled into a tortilla pinwheel with mixed berries



14. Asian marinated chicken bits (leftover from dinner) with pea pods, whole wheat pasta noodles and mandarin oranges
15. Breadsticks with marinara dip and mozzarella cheese stick cut into cubes with turkey
16. Ham and cheese roll up on a tortilla with fruit salad
17. Noodles tossed with pesto, parmesan cheese, with cherry tomatoes
18. "The Toddler" Goldfish crackers, raisins, celery sticks, cheese stick, apple cut into chunks
19. Hawaiian bun with turkey and Swiss cheese sandwich, apple slices, carrot and celery sticks
20. Deli ham cubes with sliced cantaloupe and shredded mozzarella cheese and tomatoes slices
21. Pulled pork leftover served on a whole wheat bun with shredded cheddar cheese and watermelon chunk
22. Whole wheat English muffin with marinara sauce and shredded mozzarella for homemade pizza bites with grapes and yogurt
23. Pumpkin (or banana) bread with whipped cream cheese spread and raisins, ham rolled up in leaf lettuce
24. Hummus with pita wedges for dipping and cherry tomatoes with tzatziki sauce
25. Blueberry pancakes with yogurt and a banana with peanut butter
26. Salami and cheese kabobs with cherry tomatoes
27. Banana or zucchini bread with yogurt, granola, and raisins
28. Honey soy chicken (leftover from dinner), lo mein noodles, carrot slices and pea pods
29. Sliced cucumbers with cream cheese on whole wheat bread and a grape kabob
30. Salmon from dinner in a pita pocket with tartar sauce and cucumbers with peach slices

