

SCHOOL LUNCH

Cheat Sheet



MAIN COURSE

bagel with cream cheese and hemp seed sprinkles
cheese tortellini with marinara dipping sauce
nut butter & jelly rollups*
nut butter, banana & honey sandwich*
cheese, bean & corn quesadilla with mild guacamole on the side
cold pasta salad
cheese pizza with olives & peppers on bagel or flatbread
udon noodles with veggies and nut butter sauce*
grilled chicken chunks with pesto dipping sauce
pancakes, hard boiled egg and turkey bacon
waffles & cream cheese sandwich
tuna fish in mini pita bread
turkey & cheese rollups with a pickle
baked chicken nuggets with honey mustard dipping sauce
hummus, chopped veggies and pita bread wedges
bean & cheese nachos
sliced apple & nut butter 'sandwich'*

veggie nuggets with ranch dipping sauce
healthy lunchables - rolled turkey, salami, sliced cheese and crackers
yogurt, granola and berries
chicken salad with crackers
baked crispy tofu cubes
cream cheese & carrot pinwheels
veggie loaded pizza rollups

Warm Lunches - great in OmieBox

tomato soup with cheese bread dippers
chicken noodle soup
beans & rice with sprinkle of cheese
mini bean & cheese burrito
macaroni & cheese with chicken chunks and peas
meatballs with BBQ dipping sauce
oatmeal with DIY toppings on the side
chili with broccoli & cheese corn bread

FRUITS & VEGGIES (1 OF EACH)

berries	broccoli florets
apple slices	celery sticks
applesauce	carrots - sticks, baby, sticks, coins
mandarin oranges	snap peas
banana	edamame
grapes	sliced peppers
dried fruit	olives
cantaloupe chunks	cherry tomatoes
watermelon	jicama
orange sections	peas
honeydew balls	green beans
fruit cup	cauliflower florets
mango	pickles
kiwi	sliced zucchini
peaches	corn
pineapple	cucumber slices
pomegranate seeds	
fruit kabob	

DIPS

ranch	yogurt dip	BBQ sauce
pesto	hummus	laughing cow
nut butter*	vinaigrette	mild salsa
cream cheese dip	honey mustard	guacamole

SOMETHING FUN

mini chocolate chips	backed chips
trail mix	corn chips with mild salsa
chocolate covered raisins	gummy treats
mini marshmallows	homemade treat
graham crackers	kale chips
pretzels	energy bites
popcorn	seed crackers and guacamole
veggie sticks	yogurt tubes (frozen or cold)
pirates booty	cheddar snacks
mini muffin	pudding
2-bite brownie or cookie	string cheese
chocolate covered pretzels	
yogurt covered raisins	
yogurt covered pretzels	
rice crispy treats	
chocolate covered nuts, seeds or dried fruit	

* use sunflower butter for nut free schools