

# 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	

### 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	

### DIPS

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

\* use sunflower butter for nut free schools