

## School Lunch Ideas

Main Meal	Vegetables	Fruits	Snacks
<p>Crackers and mozzarella stick</p> <p>Ham, turkey and cheese rolls (no bread)</p> <p>Hummus and crackers</p> <p>Pita roll:</p> <ul style="list-style-type: none"> <li>• Tuna</li> <li>• Chicken salad</li> </ul> <p>Yogurt and fruit</p> <p>Sandwiches:</p> <ul style="list-style-type: none"> <li>• Cheese and pepperoni</li> <li>• Turkey</li> <li>• Ham</li> <li>• Peanut butter and jelly ***</li> </ul> <p><i>*** There are so many children with peanut allergies. Check with your child's school to confirm the policy on peanuts.</i></p>	<p>Finger Foods:</p> <ul style="list-style-type: none"> <li>• Broccoli</li> <li>• Carrot sticks</li> <li>• Cherry tomatoes</li> <li>• Cucumber</li> <li>• Peppers</li> </ul> <p>*** Add ranch dressing for dipping</p> <p>Garden Salad with side dressing:</p> <ul style="list-style-type: none"> <li>• Lettuce</li> <li>• Tomato</li> <li>• Cucumbers</li> <li>• Radishes</li> <li>• Carrots</li> </ul>	<p>Apple</p> <p>Cantaloupe</p> <p>Grapes</p> <p>Honey dew melon</p> <p>Mandarin oranges</p> <p>Orange</p> <p>Peach</p> <p>Pear</p> <p>Pineapple</p> <p>Plum</p> <p>Strawberries</p> <p>Watermelon</p>	<p>Animal crackers</p> <p>Dried fruit:</p> <ul style="list-style-type: none"> <li>• Apricots</li> <li>• Blueberries</li> <li>• Cranberries</li> </ul> <p>Goldfish crackers</p> <p>Graham crackers</p> <p>Granola bar</p> <p>Cottage cheese</p> <p>Pretzels</p> <p>Pudding</p> <p>Raisins</p>