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HEALTHY SCHOOL LUNCH IDEAS



OH HOW HEALTHY

Easy healthy lunch options for school:

1. PB & J: Whole Wheat Bread w/ Natural Peanut Butter & Fruit only spread
2. Pizza- Naan bread, 1/2 cup tomato sauce, 1/2 cup shredded mozzarella cheese, 1/2 cup chopped spinach
3. Honey Mustard Chicken Wrap: Whole wheat tortilla, 1/2 cup spinach, 1/2 cup chicken chopped, 3 slices of tomato and honey mustard (1 Tbl. honey + 1 Tbl. mustard mixed)
4. Chicken Caesar Salad Wrap: Whole wheat tortilla, 1/2 cup romaine lettuce chopped, 2 Tbl. shredded mozzarella cheese, 1/2 cup chicken chopped, caesar salad dressing.
5. Veggie Taco Roll-ups: Whole wheat tortilla, 1/4 cup bell peppers, 1/2 cup refried beans, 1/2 cup romaine lettuce, 1/4 tomato chopped, 1 Tsp. taco seasoning, 1/4 shredded cheese.
6. Avocado Toast: Whole Wheat Bread, 1 avocado mashed, 1/4 Tsp garlic salt, drizzle of lemon juice
7. Taco Salad: 1/2 cup romaine lettuce, 1/2 cup black beans, 1/2 cup corn, 1/2 cup tomatoes, 1/2 cup cucumber, 1/4 cup cheddar cheese, 1 Tbl. taco seasoning,
8. Pasta Salad: 2 cups whole grain pasta, 1/4th cup cherry tomatoes, 1/4th cup chopped spinach, 1/4 cup garbanzo beans, 2 Tbl Italian dressing.
9. Hard Boiled Eggs, Fruit & Granola
10. Hummus with Pita, Peppers & Cucumbers

