

## 50+ Lunchbox Ideas for Toddlers

Mix and match from the various groups to come up with a well-balanced lunch to send with your child.

<u>Protein:</u>	<u>Carb:</u>	<u>Veggies:</u>	<u>Fruit:</u>	<u>Fat sources:</u>
Chicken	Bread/wrap/pita	Bell peppers	Clementine	Avocado
Turkey	English muffin	Corn	Berries	Cheese
Ham	Pasta	Cucumber	Kiwi	Full fat yogurt
Salmon	Crackers/ Pretzels	Carrot	Peaches	Cottage cheese
Tuna	Cookies	Green beans	Mangoes	Mayo
Crab	Pancake/waffle	Cherry tomatoes	Pineapple	Sun butter
Ground beef	Mini bagel	Zucchini	Melon	Butter
Beans	Muffin/ baked good	Peas	Grapes	Cream cheese
Chickpeas	Rice cake	(Sneaky ones inside	Apple slices	Eggs
Greek yogurt (full fat)	Cereal	morning glory	Pears	Hummus (with oil)
Cottage cheese	Granola/granola bar	muffins or zucchini	Raisins	Ranch
Eggs	Grains - rice, bulgur, couscous, barley	bread)	Applesauce	
Low sodium sausage or hot dogs	Graham crackers		Plums	
Tofu	Potatoes/sweet potatoes		Banana	
			Jam/jelly	

Examples of putting it all together:

- Sandwich (turkey+cheese, tuna+avocado, chicken salad, ham+cheese, sunbutter+jelly/fruit, cream cheese+jelly/fruit, egg salad) and fruit or veggie side
- Salmon cakes or Crab cakes with crackers and fruit
- Pasta salad with veggies and tofu
- Meat+cheese or spinach+cheese tortellini with fruit
- Whole grain waffle or pancake with fruit and/or sunbutter
- Chicken nuggets/fingers with ketchup, with pretzels and veggies
- Quesadilla: fill with cheese and beans, chicken, ground beef, cooked veggies, corn, or whatever you like.
- Deli meat and cheese roll-ups, with rice, beans, corn, and avocado “salad”