KIDS HEALTHY LUNCHBOX PLANNER
Easy 1,2,3 MIX & Match System

1. MAIN COURSE IDEAS

❖ Meat and Salad Sandwich  ❖ Egg Salad Sandwich  ❖ Pasta Salad
❖ Salad Wrap  ❖ Cheese and Ham mini Pizza  ❖ Cous Cous salad
❖ Tuna and lettuce pocket  ❖ Homemade Burger  ❖ Mac ‘n Cheese
❖ DIY Lunchables  ❖ Leftovers  ❖ Fast Peanut Butter Sandwich
❖ Sushi  ❖ Chicken, lettuce & mayo wrap  ❖ Lasagne
❖ Quiche  ❖ Homemade Mini Pies  ❖ Potato Salad
❖ Corn Fritters  ❖ Chicken Salad  ❖ Savoury Slices

2. ADD A FRUIT / VEGETABLE

❖ Piece of Fruit (banana, apple, kiwi fruit etc)
❖ Apple slices with a tablespoon of peanut butter
❖ Carrots sliced with hummus or avocado dip. (My kids like it with peanut butter too)
❖ Celery sliced longways and filled with peanut butter and raisins a.k.a. “Ants on a Log”
❖ Frozen Grapes (these keep the lunchbox cool in summer)
❖ Cucumber slices topped with tuna and mayonnaise (I buy a store bought organic mayo)
❖ Cherry tomatoes and hummus on whole wheat or Rye crackers (This is so so so good!)
❖ Applesauce (serve in a cup with a spoon – kids love it!)
❖ Unsweetened Raisins
❖ Freeze Dried Fruit (like mango, banana, blueberries or strawberries)
❖ Dried Apple Rings
❖ Canned Fruit like Mandarin Oranges (Look for the ones that are canned in juice rather than syrup)
❖ Apple and Cheese slices
❖ Fruit Kebabs

3. CHOOSE A SIDE

❖ Popcorn (plain popcorn and flavor it yourself)
❖ Brown Rice Cakes topped with hummus or peanut butter
❖ Whole-Wheat Pretzels
❖ Homemade Granola Bars / Seed Bars
❖ Nuts roasted and salted
❖ Hard-Boiled Eggs
❖ DIY Vanilla Yogurt (plain Greek Yogurt, maple syrup & vanilla extract)
❖ Bliss Balls
❖ Guacamole and Wholegrain Pita Chips
❖ Breakfast Cookies
❖ Homemade Biscuits (Peanut Butter and Ginger Ninja Biscuits are a favourite) Recipes on website.
❖ Homemade muffins (Banana / Blueberry/cheese and corn)
❖ Chai Seed Pudding