



## A Child's Haven Lunch Ideas

### \*Fruits\*

- Bananas
- Avocados
- Grapes (cut in  $\frac{1}{2}$ )
- Applesauce
- Blueberries
- Strawberries
- Watermelon
- Cantaloupe
- Honeydew
- Oranges/Clementines
- Peaches
- Pears
- Fruit cups
- Olives (cut in  $\frac{1}{2}$ )
- Raisins/ Craisins
- Fruit Leather

### \*Vegetables\*

- Peas
- Edamame
- Broccoli
- Cauliflower
- Carrots
- Squash
- Mushrooms
- Sweet Potatoes
- Green Beans
- Corn
- Cucumbers/Pickles

### \*Dairy\*

- Yogurt
- String Cheese
- Cheese Cubes/Babybel
- Cottage Cheese
- Cream Cheese

### \*Grains\*

- Mac and Cheese
- Noodles
- Ravioli
- Pizza
- Grilled Cheese Sandwich
- Pancakes/ Waffles
- Muffins
- Croissants
- Quesadillas
- Tortilla Roll Ups (w/ hummus/  
deli meat/ cheese)
- Pita Bread
- Raisin/Banana Bread
- Granola/ Nutrigrain bar

### \*Proteins\*

- Roast Chicken
- Hard Boiled Egg
- Meatballs (cut)
- Deli Meat (ham, turkey,  
salami, pepperoni)
- Hot Dog (sliced)
- Chicken Nuggets
- Breakfast Sausage
- Fried/Baked Tofu

### \*Snacks\*

- Fig Newtons
- Cheerios
- Pirate's /Veggie Booty
- Graham Crackers
- Animal Crackers
- Goldfish/Cheddar Bunnies
- Pretzels
- Pita Chips
- Rice Cakes

For a healthy  
toddler lunch,  
select items from  
at least 3-4 of  
these categories.  
Be creative and  
have fun!

