



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

