## 50+ Preschool Lunch Ideas

Add your child's favorite from each group to build a nutritious lunch.

### MAIN DISH
- Peanut Butter and Jelly Sandwich
- Hummus and Whole Grain Crackers
- Tuna or Egg Salad with Crackers or Bread
- Waffle or French Toast Sticks
- Lunch Meat and Cheese Sandwich or Wrap
- Crackers with Meat and Cheese or Peanut Butter
- Hummus Wrap with Sliced Vegetables
- Sun-Butter Roll-Up with Jelly
- Dinner Leftovers
- Pasta with Marinara Sauce
- Hot Dog on Whole Wheat Bun
- Cheese Quesadilla or Grilled Cheese
- Oatmeal or Yogurt Parfait

### DRINK
- Water
- 100% Fruit Juice
- 2% or Skim Milk

### VEGETABLE
- Veggie Sticks/Straws
- Pretzels or Pita Chips
- Mozzarella Cheese Stick
- Yogurt
- Boiled Egg
- Granola Bar
- Trail Mix
- Mixed Nuts
- Graham Crackers
- Popcorn
- Mini-Muffin or Snack Bites
- Pudding
- Rice Cakes
- Jerky

### FRUIT
- Sliced Apples
- Unsweetened Applesauce
- Banana
- Grapes
- Fresh Berries
- Orange/Clementine
- Sliced Pears
- Avocado
- Watermelon
- Peaches

### VEGETABLE
- Raw Baby Carrots
- Celery Sticks
- Sliced Cucumber
- Sliced Bell Pepper
- Sugar Snap Peas
- Cherry Tomatoes
- Precut Broccoli
- Precut Cauliflower
- Green Beans
- Corn
- Sweet Potato Sticks

### OPTIONAL
- Hummus for dipping
- Ranch for dipping
- Nut Butter for dipping
- Sliced cheese for protein
- Small piece of chocolate

For more delicious recipes head over to [http://momtomomnutrition.com](http://momtomomnutrition.com)