



Mom to Mom Nutrition

School Lunch Cheat Sheet

MAINS

Deli Meat Sandwich
Nut Butter Sandwich
Bagel with Spread
Hummus and Crackers
Tuna or Chicken Salad Sandwich
Hot Dog wth Dip
Macaroni and Cheese
Meat or Bean Roll-Ups
Bard-Boiled Eggs
Cereal with Milk
Mini Pancakes or Waffles
Yogurt Parfait

CRUNCHY SIDES

Trail Mix
Pretzels
Popcorn
Pita Chips
Granola Bars
Fig Newtons
Crackers

FUN FOODS

Fruit Snacks
Cookies
Chocolate Chips
Marshmallows
Jellow
Pudding

Mix and match to combine foods from each section to create a healthy, balanced lunch for your child!

VEGGIES

Serve with ranch or guacamole dip

Broccoli	Salsa
Corn	Cucumber
Salad	Carrot
Cherry Tomatoes	Celery
Olives	Bell Peppers
Pickles	

DAIRY

Cheese Stick
Cottage Cheese
Cheese Slice
Yogurt Tubes
Yogurt Drinks
Milk

FRUIT

Serve with yogurt dip

Sliced Fruit
Fruit Leather
Fruit Pouches
Dried Fruit
Piece of Fruit
Fruit Juice

DIP

Bean Dip	Honey
Cream Cheese	Mayo
Nutella	Mustard