

School Lunch Ideas

Sandwiches/Rollups/Main Fare

- Tortilla wraps with PB&J or sandwich fillings
- Tortilla rollups with cucumber, laughing cow spread and meat/cheese
- Sandwich on whole wheat bread
- Bread cubes on skewer with cheese, cherry tomatoes, meat, or other goodies
- Meatballs with toothpick and marinara sauce
- Leftover pizza - eaten cold
- Ham or Turkey roll-ups with mustard and pickle
- Mini bagels with filling/topping
- Sliced chicken sausage with toothpicks
- Bean and cheese burritos (or other leftover burritos)
- Leftover pasta salad
- Pretzel rolls cubed on skewers with ham and cheese
- Tuna and lettuce in pita breads
- Tuna rollups in romaine lettuce leaves
- Skewers with turkey, cheddar, green apple and bread cube
- Muffins (bran, applesauce oat, etc.)
- Lunchables knock off: crackers with sliced meat and cheese

Sides/Fruit/Vegetables

- Apple or Pear slices
- Dried fruit/raisins
- Fruit leather
- Applesauce
- Strawberries/Blueberries
- Grapes
- Half of a banana
- Clementine
- Watermelon/Cantaloupe
- Pineapple chunks
- Orange slices
- Baby carrots/carrot sticks
- Sugar snap peas
- Celery sticks
- Handful of cherry tomatoes
- Hard-boiled egg
- String cheese
- Mini Babybel cheese
- Crackers/chips
- Pretzel sticks
- Yogurt/Cottage cheese
- Popcorn
- Dehydrated yogurt bites
- Granola bars
- Granola bites
- Cashews or almonds
- Popsicle mold with frozen smoothie

Treats

- Chocolate chip cookie or other small cookie
- Chocolate covered almonds
- Small handful of chocolate chips or M&M's
- Graham cracker sandwich with nutella

For more ideas and recipes go to:
www.melskitchencafe.com