

Healthy Lunchbox Checklist

Main Course (Pick 1-2)

- Whole grain sandwich with lean meat, cheese, or veggie filling
- Quinoa salad with roasted vegetables
- Hummus and veggie wrap in a spinach or whole grain tortilla
- Grilled chicken or tofu salad with mixed greens
- Brown rice and beans burrito
- Egg or tofu scramble wrap
- Spinach and feta stuffed pita

Fruits & Veggies (Pick 3-4)

- Sliced cucumber or zucchini circles
- Carrot or celery sticks with hummus dip
- Fresh mixed berries (strawberries, blueberries, raspberries)
- Apple or pear slices with a splash of lemon
- Banana or apple chips
- Clementine, orange, or kiwi slices
- Grapes (halved for younger kids)
- Sliced bell peppers in various colors
- Dried fruits (raisins, apricots, cranberries)
- Snap peas or green beans
- Broccoli or cauliflower florets with yogurt dip
- Fruit salad

Dairy or Dairy-Alternative (Pick 1-2)

- Greek yogurt or plant-based yogurt with honey drizzle
- Cheese stick, cubes, or mini cheese wheel
- Small carton of milk, almond milk, or fortified plant milk
- Cottage cheese cup

Healthy Fats (Pick 1-2)

- Handful of almonds, walnuts, or cashews
- Sliced or mashed avocado with a sprinkle of sesame seeds
- Chia or flaxseed pudding
- Mixed olives or tapenade spread
- Pumpkin or sunflower seeds

Whole Grains & Carbs (Pick 1-2)

- Whole grain bread or bagel
- Brown rice or wild rice
- Multigrain crackers or pita chips
- Oats or muesli
- Whole grain muffin or banana bread

Snacks & Extras (Pick 2-3)

- Air-popped popcorn seasoned lightly
- Rice cakes with almond or peanut butter
- Unsweetened applesauce or fruit cup
- Trail mix with nuts and dried fruits
- Healthy granola or energy bar
- Veggie chips or seaweed snacks
- Dark chocolate square (70% or more)

Drink (Pick 1)

- Filtered water with a splash of citrus or cucumber
- Herbal tea (unsweetened or with honey)
- 100% fruit or vegetable juice
- Coconut water