

BACK TO SCHOOL MEALS & SNACKS



LUNCHES

PROTEINS & MAIN DISHES

- ham & cheese sandwiches
- pepperoni & cheese sticks
- bagels with cream cheese
- hard boiled eggs
- crackers and hummus
- quesadillas
- peanut butter & jelly sandwiches
- English muffin pizzas

FRUITS

- grapes
- kiwi
- apples
- blueberries
- oranges
- clementines
- cantaloupe
- applesauce
- strawberries
- peaches
- watermelon

VEGETABLES

- pickles
- cucumbers
- cherry tomatoes
- kale chips
- edamame
- carrots (with hummus)
- green beans
- broccoli



SNACK IDEAS

- KIND bars
- rice cakes
- Babybel cheese
- yogurt tubes
- trail mix
- veggie straws
- pretzels
- pudding packets
- fruit gummies
- Pirate's Booty
- banana chips
- popcorn
- raisins/craisins
- veggie muffins
- applesauce squeezers
- dried mango
- yogurt covered pretzels
- graham crackers