

Lunches Kids Will Love!

Packing your child's lunch helps ensure that he or she will have the right nutrients to power through the day, mentally and physically. There are tons of healthy options that are both easy to make and fun to eat!



Did you know? By thinking “outside the lunchbox” with these sandwich alternatives and packing sliced veggies and fruit, you can sneak in more than half of the daily recommended amount of fruits and veggies your child needs!

For more information, tips, and activities, visit www.wfeh.org.

Lunch that Packs a Punch

Below are some simple, healthy, and kid-approved ideas to power-up any lunchbox:

- Hummus sandwich on whole grain bread (or in a whole grain wrap) with veggies
- Sandwich with plant-based luncheon meat and/or Daiya brand cheese
- Brown rice or another healthy grain mixed with stir fried veggies
- Whole grain wrap with nut or seed butter of choice and sliced banana
- Breakfast for lunch--oatmeal with fruit and nuts or a healthy cereal with a plant-based milk and fruit packed separately
- Healthy “Build-a-burrito”: pack mini whole grain wraps and rice and beans, sautéed veggies and avocado/salsa
- Thermos of healthy soup--make your own or try a type like Amy’s Organic
- PB&J deluxe: whole grain bread, nut or seed butter of your choice, and fruit or fruit spread (without sugar added)
- Whole grain pasta with veggies