

## BACK TO SCHOOL KIDS LUNCH IDEAS

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Today is the day! My kids are going back to school which is mind boggling to me. I have no idea where the summer went and I have mixed emotions about watching them go back to school. I have one leaving the house at 6:00 am, one at 7:00 am, and two at 8:00 am which means it is a non-stop busy morning.

I am one of those Moms. I organize up a storm leading up to the first day of school and have a goal of packing healthy lunches all year long. By the time May comes around, their lunches barely resemble lunch. But I start off real strong! Haha!

I do have a theory though in our home and it works for us. My kids pack their own lunches. Here's the thing — kids are fickle. One day, they love a certain granola bar and the next day they despise it, for some odd reason. They tire of certain foods and so I switch up

their choices often. I give them a lot of different options to keep lunch interesting. So I am sharing a list of some **healthy school lunch ideas for kids**.

### OPTION #1

## Turkey + Cheddar Roll-up

## Fresh Berries

## Yogurt

## Trail Mix

## OPTION #2

## Hummus

## Pita Bread

## Grape Tomatoes

## Cucumbers

## Sliced Oranges

**OPTION #3**

**Cheese Quesadilla  
Guacamole  
Salsa  
Tortilla Chips  
Strawberries**

**OPTION #4**

**Deli Meat + Cheese Kabobs  
Red Pepper Slices  
Apples  
Fruit Leather or Snacks**

**OPTION #5**

**Hard Boiled Eggs  
Baby Carrots + Ranch  
Pretzels  
Peaches or Applesauce**

**OPTION #6**

**Pasta Salad  
Yogurt  
Granola Bar  
Raspberries**

**OPTION #7**

**Almond Butter + Jelly (or PB +J)  
String Cheese  
Fruit Cup  
Chips**

**OPTION #8**

**Crackers  
Cheddar Cheese Cubes  
Grapes  
LaraBar or Cliff Bar**

**OPTION #9**

**Bagel + Cream Cheese  
Yogurt Tube  
Baby Carrots  
Fruit Snacks**

**OPTION #10**  
**Veggie Wraps with Hummus**  
**Edamame or Snap Peas**  
**Clementine**  
**Granola Bar**

## ***SHOPPING LIST***

### **MAIN MEAL:**

Pita Bread + Hummus  
Cheese + Crackers  
Turkey + Cheese Roll-ups  
Almond Butter + Jam Sandwich  
Cheese Quesadilla  
Hard Boiled Eggs  
Pasta Salad  
Meat + Cheese Kabob  
Chips + Guacamole  
Ham + Cheese Sandwich  
Bagel + Cream Cheese  
Veggie +Hummus Wrap

### **FRUITS + VEGGIES:**

Oranges  
Apples  
Strawberries  
Grapes  
Peaches  
Blueberries  
Raspberries  
Natural Applesauce  
Mangoes  
Melon  
Baby Carrots  
Cucumbers  
Grape Tomatoes  
Edamame  
Snap Peas

### **SIDES and SNACKS:**

Chips  
Granola Bars  
Pretzels  
String Cheese  
Yogurt  
Trail Mix  
Lara Bar or Cliff Bar  
Fruit Leather

Fruit Snacks  
Popcorn  
Crackers  
Chips + Salsa  
Fruit Cup  
Pudding Cup  
Graham Crackers  
Cookies  
Rice Krispies Treats

**DRINKS:**

Water Bottle  
100% Juice Boxes  
Capri Suns  
Bolthouse Smoothies  
Milk — Strawberry or Chocolate