

Preschool Lunch Suggestions

Slam Dunks!



- protein or healthy fat foods
- cubed or shredded chicken
- crackers, cheese, meat
- deconstructed sandwiches
- egg muffins
- dry cereal
- cut up pizza
- half grilled cheese
- cut up grapes and apples
- cheese cubes
- cut up hot dogs
- black beans
- berries
- applesauce
- edamame
- popcorn
- mac and cheese with peas
- hummus and pretzels and veggies
- half bagel with pre-spread cream cheese (or mini bagels)
- cut up fruit
- rolled deli meat
- chicken nuggets
- quesadillas
- boiled egg peeled and cut in half
- cut waffles
- mini cucumbers
- mini carrots (cut if thick)
- mini quiche
- slider sandwiches
- rolled tortilla sandwich
- dinner leftovers
- cooked vegetables
- mandarins without juice
- pea pods
- graham cracker “sandwich” with sun butter



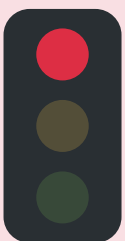
These Foods are a Little Tricky at School



- rice in a narrow thermos
- spaghetti sauce
- whole apples - can be a lot of waste
- bruised bananas - kids often don't eat them
- fruit cups in juice - juice spills
- yogurt tubes-difficult to open
- full-size sandwich - often too big
- dried seaweed - really crumbles



Best Enjoyed at Home



- Anything made with nuts - peanut butter, granola bars, Nutella is not permitted
- new foods
- food your child really doesn't care for
- soup
- long spaghetti noodles (shaped pasta is easier to handle)
- unpeeled clementines
- Lunchables pizza kits
- cupcakes - messy!
- candy

