



# Mom to Mom Nutrition

## 50+ Preschool Lunch Ideas

*Add your child's favorite from each group to build a nutritious lunch*

### MAIN DISH

Peanut Butter and Jelly Sandwich  
Hummus and Whole Grain Crackers  
Tuna or Egg Salad with Crackers or Bread  
Waffle or French Toast Sticks  
Lunch Meat and Cheese Sandwich or Wrap  
Crackers with Meat and Cheese or Peanut Butter  
Hummus Wrap with Sliced Vegetables  
Sun-Butter Roll-Up with Jelly  
Dinner Leftovers  
Pasta with Marinara Sauce  
Hot Dog on Whole Wheat Bun  
Cheese Quesadilla or Grilled Cheese  
Oatmeal or Yogurt Parfait

### FRUIT

Sliced Apples  
Unsweetened Applesauce  
Banana  
Grapes  
Fresh Berries  
Orange/Clementine  
Sliced Pears  
Avocado  
Watermelon  
Peaches

### VEGETABLE

Raw Baby Carrots  
Celery Sticks  
Sliced Cucumber  
Sliced Bell Pepper  
Sugar Snap Peas  
Cherry Tomatoes  
Precut Broccoli  
Precut Cauliflower  
Green Beans  
Corn  
Sweet Potato Sticks

### DRINK

Water  
100% Fruit Juice  
2% or Skim Milk

### VEGETABLE

Veggie Sticks/Straws  
Pretzels or Pita Chips  
Mozzarella Cheese Stick  
Yogurt  
Boiled Egg  
Granola Bar  
Trail Mix  
Mixed Nuts  
Graham Crackers  
Popcorn  
Mini-Muffin or Snack Bites  
Pudding  
Rice Cakes  
Jerky

### OPTIONAL

Hummus for dipping  
Ranch for dipping  
Nut Butter for dipping  
Sliced cheese for protein  
Small piece of chocolate