



School Lunch Ideas

EASY, KID- & DIETITIAN-APPROVED



Micronutrient Deficiencies in Children

The micronutrients that are deficient in kids' diets are found in food sources like leafy greens, whole grains, nuts, seeds, and fruits and veggies. This guide will help you plan school lunches to include these micronutrients.

Food Categories



Protein



Carbs/Grains



Veggies



Fruit

The school lunch ideas in this guide contain each of the food categories listed.

Lunch Containers & Meal Prep Tools

If you're interested in using my compartmentalized lunch containers, stainless steel sauce containers, or anything else useful in my meal prep, click the link below.

[Click here to see my "Wellness That Fits, LLC - Meal Prep" list on Amazon](#) and for the links to purchase.

School Lunch Food Categories

Go through this list of foods with your kids to get a feel for what they like and what they'd be willing to try. Use the blank rows to add your own.

[illegible]

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[illegible]

School Lunch Food Category Combos

Check out the food category combinations in the table and note each row would be a school lunch idea.

For example, row 1 is:

Protein: turkey sandwich +

Carbs/Grain: (bread of choice for sandwich) +

Veggie: sliced cucumbers with salt +

Fruit: apple slices

Prep Steps

Cut/chop

Assemble or easy boil

Make ahead

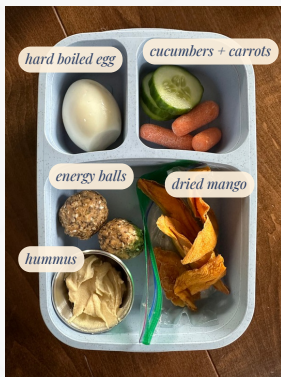
These prep steps show a range of prepping from no prep (white) to cut/chop (yellow) to assemble or easy boil (orange) to make ahead (red). Plan lunches to include only 1 red item (make ahead) per row to save you time.

School Lunch Ideas			
Protein	Carbs/Cereal	Veggie	Fruit
turkey sandwich	[bread of choice for sandwich]	sliced cucumbers with a sprinkle of salt	apple slices
peanut butter and jelly sandwich	[whole wheat bread for sandwich]	baby carrots + ranch	strawberries
beef/venison sticks + string cheese	almond crackers	cherry tomatoes	pear
salame + cheese slices	crackers	mini bell peppers + ranch	raspberries
Orange greek yogurt (yogurt + 2 Tbsp pumpkin puree)	zucchini mini muffins	pumpkin puree (added to yogurt)	frozen blueberries
pickle hummus	pita chips	celery + peanut butter	frozen mango
ham + string cheese roll up	cocoatini cookie (no bake)	salad + dressing	mandarin oranges
Mini pizzas (pepperoni slices)	naan rounds	marinara sauce	melon
Shredded chicken wrap	[flour tortilla or other wrap]	matchstick carrot in wrap	orange
tuna chickpea salad	flaxers/crackers	cucumber sticks + ranch	plum
hard boiled egg	mini chia chip pancakes	swet potato fries	raspberries
cottage cheese	thin bagel	"confetti" (veggie) cream cheese spread	pouch
peanut butter overnight oats	almond/multigrain crackers	dark chocolate hummus	pineapple
yogurt tube	banana bread	veggie pasta salad	apple slices + peanut butter
salame	tortellini	marinara sauce	grapes
energy balls	popcorn	hummus + sugar snap peas	fruit cup
deli meat sandwich	[sourdough bread for sandwich]	leaf lettuce on sandwich	nectarine
tortilla chicken cream cheese pinwheels	corn tortilla chips	salsa	frozen mango, diced or sliced
			frozen berry blend in yogurt w/ chia
Greek yogurt bowl	pumpkin chocolate chip muffin	roasted chickpeas	hemp sprinkles
Cottage cheese kale egg bites	veggie chips	hummus	banana
corn dogs	zucchini bread	root veggie chips (Terra)	applesauce
salmon cakes with dill sauce	fig bar	cucumber slices	prunes
egg bake mini squares	cinnamon rice cakes	dark chocolate hummus	strawberries
hard boiled egg	pumpkin maple overnight oats	(pumpkin puree in overnight oats)	fruit/veggie pouch
Cream cheese + deli meat	cocktail rye bread slices	sliced cucumbers with a sprinkle of salt	apple slices

Use the blank rows to add your own kid-approved ideas.

School Lunch Ideas

Here are ideas in compartmentalized containers to help visualize and brainstorm! Notice a ziplock bag beneath some food items; I would normally put these items in a bag. In order to see the food better, I placed the food on top of the bag.



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Pumpkin chia pudding



Yield: 1/3 cup

Servings: 1

Serving size: 1/3 cup

INGREDIENTS

- 2 Tbsp pumpkin puree
- 2 Tbsp almond milk
- 1 Tbsp chia seeds
- 1 tsp honey
- 1 dash cinnamon

DIRECTIONS

Mix all ingredients in a dish.

Note: pudding will thicken as it sits in the fridge. Add a little more liquid if it is too thick for your liking.



High protein pumpkin waffles



Yield: 6 large circular waffles, 1 inch thick

Servings: 24 servings

Serving size: 1 quarter waffle

INGREDIENTS

- 4 cups Kodiak Power Cakes mix
- 3 cups water
- 1, 15 oz can pumpkin puree
- 1/4 cup olive oil

Cinnamon honey butter



Yield: 1 1/2 cups

Servings: 24 servings

Serving size: 1 Tbsp

INGREDIENTS

- 2 sticks butter, softened
- 1/4 cup olive oil
- 2 Tbsp honey
- 2 tsp cinnamon

DIRECTIONS

Mix all ingredients together and make waffles in a waffle iron. Once cooled, quarter the waffles and wrap in plastic wrap or foil and seal in a freezer bag.

Note: This recipe makes a big batch. You can batch make these waffles on a slow Saturday morning to feed the family breakfast and have leftovers to freeze for lunches or snacks.

DIRECTIONS

Mix all ingredients together with a whisk or immersion blender. Store in the fridge for up to 1 month.

Application

Waffles, pancakes, toast, muffins, banana bread, any baked good



Healthy Kid Sprinkles



Yield: 1 cup

Servings: 16 servings

Serving size: 1 Tbsp

INGREDIENTS

- ½ cup hemp hearts (shelled hemp seeds)
- ¼ cup chia seeds
- ¼ cup sesame seeds
- 2 Tbsp sprinkles

DIRECTIONS

Put all ingredients in a sprinkle shaker and shake to mix. Store in an airtight container for up to 3 months (or in the fridge for up to 1 year to extend shelf life).

Note: Consider using a plastic sprinkle container or something that is table-friendly for kid use so they can sprinkle this on their own food.

Application

Enjoy in pancakes, cookies, cupcakes, over oatmeal, yogurt, peanut butter toast, and even on salads!

Note: Adults can use these fun healthy sprinkles, too! Omit the sprinkles and you can use on salads, yogurt bowls, grain bowls, oatmeal, in baked goods, avocado toast, and peanut butter toast.



Pumpkin chia chip pancakes



Yield: 12 pancakes

Servings: 4 servings

Serving size: 3, 4" pancakes

INGREDIENTS

- 2 cups Kodiak Power Cakes pancake mix (or other high protein brand)
- 1.5 cups water (follow directions on package)
- $\frac{3}{4}$ cup pumpkin puree, canned
- 2 Tbsp chia seeds
- $\frac{1}{4}$ cup dark chocolate chips (or semi-sweet mini chocolate chips)

DIRECTIONS

1. Mix all ingredients in a large bowl. Follow pancake package directions for water amount.
2. Make pancakes as you normally would in a pan or on a griddle.



Orange Yogurt



Yield: 5 oz

Servings: 1 serving

Serving size: 5 oz (~1/2 cup)

INGREDIENTS

- 4 oz yogurt or Greek yogurt
- 2 Tbsp pumpkin puree
- Sprinkles optional

DIRECTIONS

Mix the yogurt and pumpkin puree until well blended. Add sprinkles if desired.



Energy balls

white chocolate

coconut



Yield: 48

Servings: 24 servings

Serving size: 2 balls

INGREDIENTS

- 3 cups quick oats
- 1 cup ground flaxseed
- 1 cup ground chia seed
- $\frac{3}{4}$ cup ground sesame seed
- $\frac{1}{4}$ cup sprinkles
- 1 pkg (12 oz) white chocolate chips
- 2 cups unsweetened coconut flakes
- $\frac{1}{3}$ cup Monk fruit sweetener
- 1.5 - 2 cups peanut butter

DIRECTIONS

1. Mix well in bowl or stand mixer. If mix is too crumbly, add more nut butter or 1-2 Tbsp of water.
2. Use a small cookie scoop to form into 1" x 1" balls. Refrigerate for up to 2 weeks.