15 Take-Along Lunches for Preschool Children

Be Safe: Pack all lunches in an insulated lunch box or bag with a frozen ice pack.



Celery with peanut butter 2 graham cracker squares Melon slices Low-fat milk

Low-fat cheese strips 6 whole wheat crackers Tomato wedges Oatmeal raisin cookies Water

Ham strips Small bran muffin Pineapple tidbits Low-fat milk

Cheese pizza wedge (small) Snow peas Water ½ peanut butter & banana sandwich Broccoli florets Low-fat milk

½ tuna sandwich Cucumber circles Strawberries Low-fat milk

Mini pita with hummus and lettuce Orange wedges Animal crackers Low-fat milk

Low-fat cottage cheese Pineapple chunks Breadsticks Zucchini rounds Water

Homemade trail mix Red bell pepper strips Low-fat milk Bean & cheese burrito
Cherry tomatoes (cut in ½)
Peach slices
Water

Baked chicken thigh 2 graham cracker squares Kiwi slices Low-fat milk

½ roast beef sandwich Small green salad (with low-fat dressing) Grapes (cut in ½) Low-fat milk

Leftover casserole Baby carrots ½ pear Low-fat milk

Unsweetened ready-toeat cereal Broccoli florets Tangerine Low-fat milk