



School Lunch Ideas for Picky Eaters



Main Meal Items

Pepperoni Rolls
Bagel with Cream Cheese
Bagel with Peanut Butter
Lunchable Pizza Box
Ham and Cheese Rollup
Peanut Butter & Jelly Sandwiches
Pepperoni/Salami Slices and Cheese
Tuna Sandwich
Ham & Cheese Sandwich
Turkey Sandwich
Pasta

Vegetables/Fruits

Celery with Ranch Dip
Peeled Clementines
Seedless Grapes
Celery with Peanut Butter
Apples with Peanut Butter
Banana and Strawberry Kabobs
Apple and Cheese Kabobs
Peach Slices
Carrot Sticks with Ranch Dip



Snacks

Pretzels and Cheese
Go-gurt
Yogurt
Cheese Sticks
Chips
Popcorn
Trail Mix

Drinks

Water
Flavored Water
Capri Sun
Sunny D