

Lunch Box “Do Over”

Fast to make, but high in sugar, low in other nutrients and costly:

Fruit snacks

Goldfish single serve packs,

fruit cup,

granola bar

Uncrustable

juice box (100% juice)

preschooler:

hummus carrot dip

whole grain crackers

soft cooked green beans (can used whole canned beans)

strawberries

milk beverage or water

gradeschooler:

confetti muffins (egg, cheese, diced veggies)

or corn muffins with chopped veggies

frozen grapes

cherry tomatoes and olives

milk beverage or water

middle schooler:

pizza soup

bread sticks

cucumber slices with ranch dip made from greek yogurt or pickles

orange wedges

milk beverage or water

high schooler:

tortilla rolls: cheese slice, turkey slices, Greek yogurt, avocado slice, lettuce

nut butter apple

chunky salsa salad

milk beverage or water

kidswithfoodallergies.org

