

Feeding Littles School Lunch Cheat Sheet

Offer at least one food from each category so your tot gets variety, a balance of nutrients, and options while at school! If offering new foods, include familiar foods too. These are simply suggestions to inspire you! Mix it up, add a dessert every so often, and have fun!

Protein

Hard boiled egg	Nitrate-free deli meat
Beans*, lentils*	Chicken, egg, tuna salad
Cubed turkey, chicken	Cheese
Ground meat	Greek yogurt
Nut/seed butter	Cottage cheese
	Hummus

Starch

Cubed sweet pot./squash	Quinoa, rice, couscous
Whole grain bread (sandwich)	Pasta, pasta salad
Whole grain pita	Whole grain tortilla
Lentil pasta*	Cooked corn
	Peas*, beets*
	Tortilla chips (4+)
	Crackers

Veggie

Fresh, from frozen, canned, freeze-dried

Shredded or baby carrots	Celery (ants on a log!)
Cucumber	Veggie soup
Tomato	Peas*, beets*
Bell pepper	Snap peas
Jicama	Green beans
Cooked broccoli, cauli	Salad greens
	Zucchini

Fruit

Fresh, from frozen, canned, freeze-dried

Banana	Kiwi
Orange	Avocado/guac
Strawberries	Olives
Blueberries	Honeydew
Raspberries	Cantaloupe
Blackberries	Papaya
Grapes (cut)	Mango
Watermelon	Apple/applesauce

Fat

Fat helps your child's body absorb nutrients and keeps them full. Whole milk dairy, olives, oil, fatty fish, eggs, non-lean meats/poultry, avocado/guac, and nut butters all contain fat. Make sure your child's lunch includes some type of fat!

*Some foods count as starches and veggies or starches and protein



Need more help?
www.feedinglittles.com