

90 Healthy Kids' Lunchbox Ideas

Get inspired with these school lunches for kids! These healthy lunches feature simple whole foods like fruits, veggies, whole grains, and protein.





Peanut butter and jelly on whole wheat waffles, clementines, Swiss cheese sticks, and green salad.



Pretzels, cucumbers, almond butter for dipping, cherry tomatoes and olives, pineapple and blueberries



Quinoa power bowl with lentils, tomatoes, and walnuts; peaches



Refried bean and cheese quesadilla on whole wheat tortilla, strawberries, avocado



burrito with black beans, tomatoes, and corn; avocado; sugar snap peas; honeydew melon



Pasta salad with broccoli, pepper, onion, feta cheese, and tomato; red grapes



W

Pepper and carrot strips; granola; yogurt with frozen berries and honey



Gyro with chicken and veggies inside a rolled pita, with creamy Greek dressing



“Turkey” turkey sandwich on whole wheat with peppers; hummus for dipping; mandarin oranges



Chicken salad in whole wheat pita; red grapes; cucumber rounds



Finger food lunch with pepperoni, crackers, cucumber rounds, cheese sticks, red grapes, and baby carrots



Deli turkey in whole wheat pita with lettuce, tomato, and shredded cheese; “ants on a log”; grape tomatoes, and mandarin oranges



“Pizza kabobs” with tortellini, pepperoni, grape tomatoes, and green bell peppers; marinara sauce for dipping; red grapes



Vegetarian protein box with cottage cheese, strawberries, whole grain crackers, hummus, baby carrots, celery, and grape tomatoes



Beef and veggie meatballs with orange bell peppers and red grapes



[Mexican pinwheels](#) with grapes, grape tomatoes, cucumbers, and carrot sticks



Rainbow box with whole grain crackers and cheese, clementine, grape tomatoes, broccoli, red grapes, and peanut butter



Apple and peanut butter sandwich on multigrain bread with bell peppers and cucumbers



Multigrain crackers, cucumber, frozen blueberries, deli turkey, creamy dip, and mandarin oranges



DIY nacho lunch with ground beef, grated cheese, grape tomatoes, tortilla chips, and frozen mango



Green bento with kiwi, cheese stick, sugar snap peas, cucumber, pretzels, and yellow bell peppers



Allergy-friendly lunch with cheese, pepitas, avocado, cherry tomatoes, red grapes, and blueberries



Snacky lunchbox with grapes, cucumbers, peppers, turkey, cheese, and multigrain crackers



Chickpea and avocado sandwich on whole wheat with spinach and tomato, orange segments



Snacky lunchbox with popcorn, yogurt, turkey, celery, nut butter for dipping, and blueberries



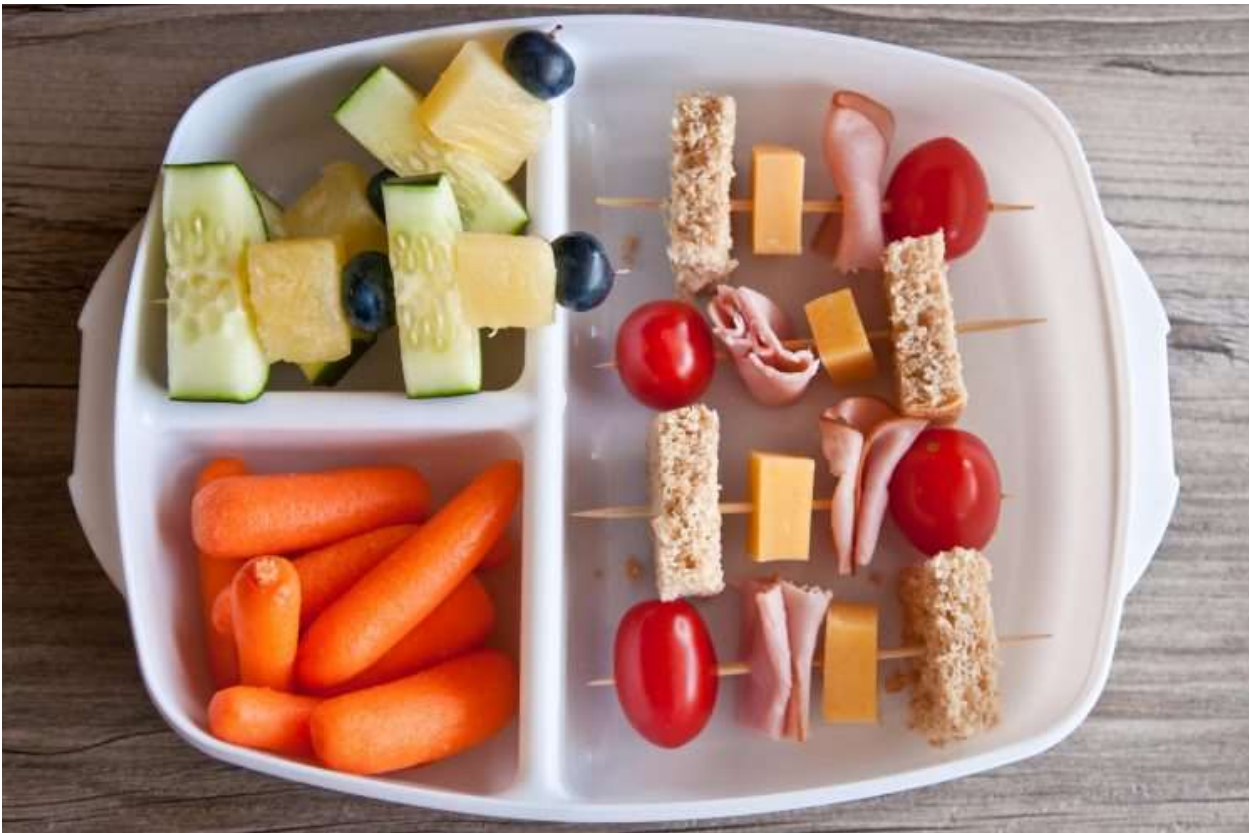
Tuna and white bean sandwich with arugula on whole grain English muffin, apple slices, and carrot sticks



Turkey sandwich and berry kabobs, baby carrots, cauliflower and broccoli, ranch for dipping



Green lunchbox with salad, peas, tortellini, and banana



Sandwich kabobs with bread, turkey, cheese, and grape tomatoes; baby carrots; fruit and veggie kabobs with cucumber, pineapple, and blueberries



Mexican bento box with brown rice, corn, cooked chicken, pinto beans, avocado, mushrooms, salsa, and pineapple.



Multigrain crackers, sugar snap peas, baby carrots, hummus for dipping, red grapes, and yogurt



Hummus sandwich on whole wheat with lettuce and black olives; frozen edamame beans with broccoli; pretzels and strawberries



Strawberries, cheese cubes, homemade “uncrustable,” sugar snap peas



Turkey club sandwich with banana



Broccoli, peppers, and crinkle carrots with hummus for dipping, pineapple, sandwich on toasty bread



Nut butter star sandwich, bell peppers, and pineapple



Build-your-own tuna sandwich with whole grain bread, tuna, lettuce, and a side of nectarines



Hummus in pita pocket with tomato, cucumbers, and sprouts; mandarin oranges



Sandwich on multigrain bread with crinkle carrots, grape tomatoes, and [Carrot Berry Applesauce](#).



Freezer waffles with peanut butter and jam, cucumber rounds, strawberries, and blueberries



Rainbow bento box with quinoa, edamame, avocado, kale, onion, pepitas, and mango; peach on the side



Whole wheat grilled cheese, snow peas, apple slices



Ham and veggie sandwich on whole wheat bread, popcorn with cranberries, mandarin oranges



Pasta salad lunch with cheese cubes, black olives, onions, tomatoes, and cucumber



“Breakfast for lunch” with granola, yogurt, strawberries, peaches, and dark chocolate chips



Egg salad sandwich with lettuce on whole grain bread, small-diced kiwi and apples, carrot and celery



“Lunchables” upgrade with crackers, pepperoni, pepper jack cheese, pineapple, broccoli, snow peas, and ranch for dipping



Mini bagel sandwiches with cream cheese, ham, and spinach; frozen edamame, orange wedges



English muffin pizzas on sprouted grain English muffins, edamame beans, green grapes



Simple pasta salad with macaroni, ham, slaw mix, and poppyseed dressing; kiwi on the side



Whole wheat pizza quesadilla with red bell peppers and orange slices



Corn tacos with chickpeas, cheese, and cherry tomatoes; mini raisin box; carrot sticks; blackberries



Almond butter blueberry sandwich with cheese stick, bell peppers, and ranch for dipping



Steamed sweet potato chunks, green grapes, sausage and pepper egg muffins, peanut butter on whole grain toast



Whole grain tortilla pizzas with cheese, pepperoni, and pepper; kiwi on the side



Cornbread muffins, cheese, pepitas, carrot sticks, and strawberries



Cheese and greens on whole grain toast, carrot and cucumber “butterflies,” raspberries and blackberries



Multigrain bagel with turkey and lettuce, cheese stick, apple slices



Freezer waffle ham sandwich, strawberries and blueberries, frozen edamame



turkey rollup with lettuce on whole wheat tortilla, red bell pepper strips, frozen mango



Valentine's lunch with radish flowers, carrot and bell pepper hearts, crinkle cut cucumbers, dipped strawberries, and cheese and cracker hearts



Cuban pressed sandwich with carrots, celery, ranch for dipping, and banana



Snacky fruit and veggie box with banana, chunky peanut butter, cooked sweat potato, carrot sticks, and celery



Chicken salad on pumpernickel toast with carrot apple coleslaw



Food art bento lunch with cat sandwich, grape tomatoes, egg mouse, and cheese and cracker mouse



Open-faced cream cheese sandwich with cucumber and tomato, apple slices, edamame beans, trail mix



Veggie fries with dipper, fresh figs, sandwiches on whole grain bread, grape tomatoes



Dip-lover's lunch with bell peppers, broccoli, ham and cheese skewers, apples, banana rounds, and strawberries, with ranch, almond butter, and salsa for dipping



Farfalle pasta salad with chicken, peas, green beans, carrots, and corn; pistachios; red grapes



Granola, yogurt with berries and maple syrup, carrots and bell peppers, white nectarine



Sandwich skewers with cheese and bread, fruit skewers with blueberry, kiwi, apple, and oranges, frozen corn, sunflower seeds



Broccoli, pasta with peas and sauce, hard boiled egg, apple



Mediterranean lunch with turkey cubes, two types of olives, cheese cubes, cucumber, red grapes, and crackers



[Chicken ranch wrap](#) on whole grain tortilla, mandarin oranges



Chicken salad and veggie wrap with orange pieces



Homemade wheat thin lunch with kiwi, avocado/tomato/white bean salad, and cucumber



[Mini Rainbow sandwiches](#) with strawberry, banana chips, green beans, and frozen blueberries



Pasta salad with noodles, cherry tomatoes, strawberries, chopped hard boiled egg, spinach, and bell peppers with italian dressing



Ham, cheese, and spinach heart sandwich, cucumbers, mandarin oranges with raisins



Avocado with mayonnaise, green salad, strawberries, and whole wheat pita triangles



Peanut butter and fresh fruit roll-up with jam, cauliflower, and strawberries



Frozen edamame and peas, cheese stick, apple and peanut butter, and multigrain crackers



Turkey, lettuce, and pickle sandwich, red grapes, leftover roasted Brussels sprouts and carrots



Almond butter and strawberry sandwich with extra strawberries and yellow bell peppers



Multigrain crackers with hummus, baby carrots, edamame, and yogurt with frozen blueberries



Edamame beans, watermelon and blueberries, turkey sandwich on freezer waffles



Finger food lunch with almonds, cranberries, whole grain crackers, colby-jack cheese, edamame, and green beans



Hummus snowflake sandwich, homemade granola, cucumbers, cherry tomatoes, and carrot sticks



veggie roll-up on whole grain tortilla with raspberries



Turkey wrap with grated carrots and lettuce, frozen mango, and green bell pepper



Nectarine, cheese hearts, whole grain crackers, carrot sticks, hummus, broccoli, and popcorn

© 2020 Super Healthy Kids, Inc., all rights reserved