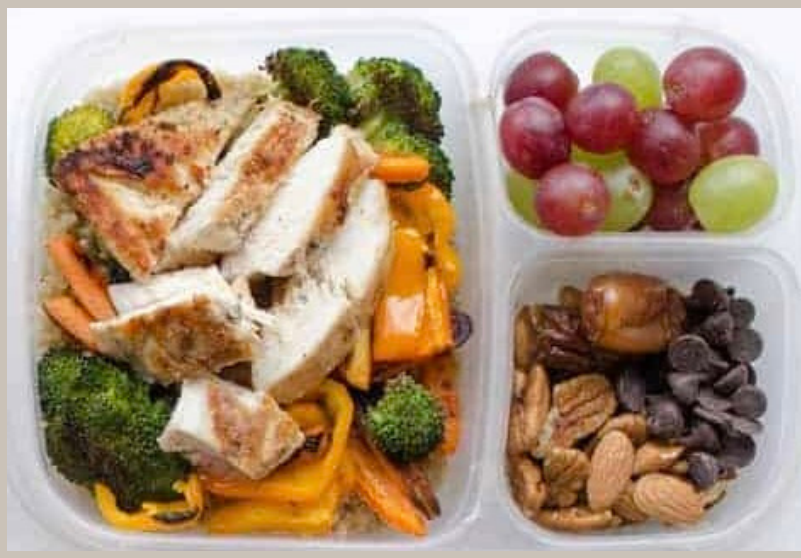




LUNCHBOX IDEAS

Healthy Foods and Snacks









Some elements in these lunches are not considered school safe (peanuts or tree nuts) and some are not part of our healthy food policy (chocolate, cookies, gummies etc.) Please use this as a GUIDE and inspiration for your child's lunches.










Organic
UNSWEETENED
APPLE SAUCE























Providing small portions and a variety of foods exposes children to a diversity of colors, textures and tastes. Keep at least two “safe” foods your child is known to eat and add something new for them to try!!







Consistency is key!! If you are trying a new food children must have to opportunity to see it, touch it, taste it and experience it MULTIPLE times before they decide if they like it or not. When trying new foods be consistent with offering it, but always allow them to say “no thanks”.








Tillamook








Tillamook
Top story:












bentgo kids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HIDDEN VALLEY
THE ORIGINAL
RANCH
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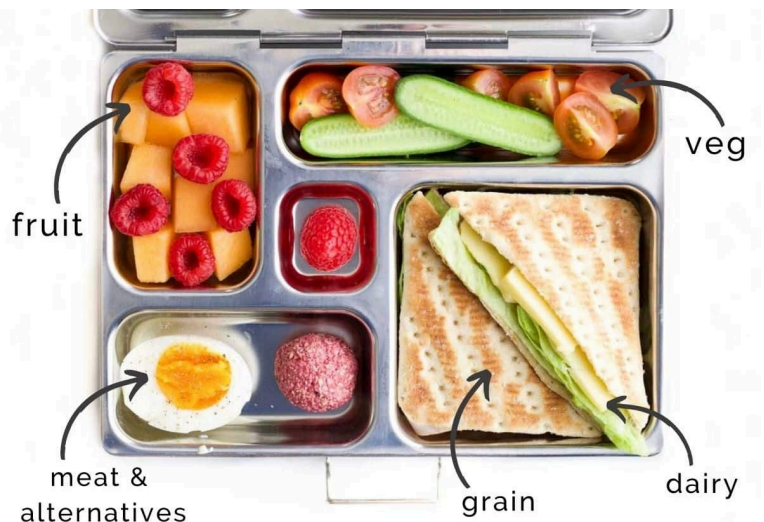
fruit
veg
meat &
alternatives
grain
dairy



















More great resources here:

- Reverse Picky Eating
- Picky Eating
- Kids Eat In Color
- Lunchbox Mom Instagram
- Toddler Meal Ideas Blog
- 70+ Lunchboox Ideas

Veggie ideas:
Cucumbers
Edamame
Broccoli w/dip
Bell Peppers
Carrot Sticks
Tomatoes

Protein ideas:
Lunch Meat
Chicken
Yogurt
Scrambles Eggs
Tuna
Meatballs
String Cheese
Sunflower Seed Butter
Hard Boiled Eggs





