



FAMILY SCHOOL



SALT BOX SCHOOL

Sample Menus for Lunches

The following are some suggested menus for lunches that we have found popular with children over the years. Each lunch includes protein, carbohydrate, and some form of sugar and a drink.

Pasta Salad
Cucumber slices
Peanut Butter Crackers
Milk

Chicken Soup
Cheese Sandwich
Raisins
Crackers
Water

Rice and Bean salad
Vegetable Soup
Banana
Crackers
Water

Hard Boiled egg
Whole wheat roll
Grapes & oranges
Cheese slices
Water

Pasta and Sauce
Italian Bread
Apple Slices
Milk

Pieces of ham, turkey, beef
Wrapped with cream cheese
Carrot & celery sticks
Rolls
Milk
Tuna on a roll

Pretzels
Raisins
Water

Cottage cheese
Pretzels
Sliced apple, oranges & pear
Crackers
Fruit juice

Sliced cheese & crackers
Sliced pears & oranges
Cheerios
Water

Fruit yogurt
Peanut butter crackers
Apple slices
Pretzels
Fruit juice

Peanut butter & jelly sandwich
On wheat bread
Apple pieces
Corn chips
Milk

Cream cheese & saltines
Carrots & Celery sticks
bananas
Water