

Below is a list of ideas as you plan your disposable lunch packing. Thank you for your efforts in maintaining a safe environment at our childcare facility. You may want to try these lunch ideas at home first to prepare your child for the lunches they will have at VCDC. **Please remember that nuts are not permitted in Toddler 3.**



FRUITS:

Apple slices
Blueberries
Grapes (*sliced for toddlers*)
Orange slices
Clementines
Strawberries
(*sliced for toddlers and young preschoolers*)
Raisins
Bananas
Watermelon slices/cubes
Mango slices
Kiwi slices
Pineapple slices
Peach slices
Fruit cups
Applesauce cups/
pouches
Fruit smoothie pouches



VEGETABLES:

Carrot sticks or baby carrots
Celery sticks
Cherry tomatoes, sliced
Corn/ corn on the cob
Green beans
Broccoli
Hummus
(*many stores sell to-go packs for dipping*)
Cucumbers
Peppers
(*green, red, or yellow sliced*)
Snap peas
Kale chips
Veggie squeeze pouches
Olives



DAIRY/ PROTEIN:

Greek yogurt cups
Drinkable yogurt cups
Single serve milk cups to go
(*Horizon Organic is my go to*)
Cottage cheese and fruit to go cups
Cheese sticks
Babybel cheese
(*small round cheese that comes in a wax casing*)
Mozzarella balls



FUN SNACKS AND TREATS:

Cheese crackers
Fruit Snacks
Squeezable pouches
Belvita bars
Goldfish
Veggie Straws
Trail mix
Dried Fruit
Granola Bars
Fig Bars
Animal Crackers
Juice boxes/ pouches



ENTREES:

Sandwiches: any kind your child likes! A great alternative to PBJ sandwiches is to use Sun Butter for children who are allergic. It's just as yummy but made from sunflower seeds!

Pinwheels: For a fun spin on a sandwich assemble your sandwich ingredients on a wrap, roll it up, and then cut into fun pinwheel slices!

Build your own lunchable: Pack slices of ham or turkey, small slices of cheese, and crackers so that your child can build their own yummy cracker sandwiches.

Chicken nuggets: a classic favorite!

Quesadillas: You can make a simple cheese quesadilla by assembling cheese into a tortilla, fold in half, and then pop in the microwave for about 20 seconds, cut into slices and there you have it! You can add in chicken, corn, and beans to change it up!

Mac and cheese: Many grocery stores sell to-go cups where you can make a perfect serving in minutes in the microwave. There are also other pasta options that are available in microwaveable to-go cups.

Chicken, tuna, or salmon salad with pretzels or pita chips for dipping.



Additional resources to use as your plan out your school lunches:

- 60 packaged snack ideas: <https://www.theleangreenbean.com/healthy-packaged-snacks/>
- 25 healthy kids snacks to buy at the store: <https://www.yummytoddlerfood.com/advice/healthy-snacks-for-kids/>
- 80 healthy toddler lunches: <https://www.yummytoddlerfood.com/recipes/lunch/master-list-of-toddler-lunch-ideas/>