

# Healthy Lunch Ideas (for adults and kids)

Yield: 1 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/spinach-and-cheese-puff-pastry-recipe-indian>

## Ingredients:

- bananas
- apples
- orange
- pears
- melon sticks or cubes
- berries
- mango
- pineapple
- grapes try them frozen too!
- applesauce
- carrots with dressing/dip
- cucumber with dressing/dip
- broccoli florets with dressing/dip
- celery sticks with peanut butter or cream cheese
- bell pepper strips
- green beans
- cherry tomatoes
- salad greens
- radishes
- sandwiches pb & j, turkey, ham, cream cheese and jelly
- peanut butter honey and banana tortilla roll ups
- turkey /ham, cream cheese and spinach roll ups
- turkey /ham, with cheese and crackers
- tortellini or pasta with pesto, olive oil or marinara
- chicken salad on bread, lettuce, or served with crackers
- egg salad on bread, lettuce, or served with crackers
- salad Tuna, on bread, lettuce, or served with crackers
- hard boiled eggs
- bagel with cream cheese
- rotisserie chicken with ketchup or BBQ sauce for dipping
- bean dip Layered Mexican, with tortilla chips, beans, sour cream, salsa and cheese

- hummus topped with feta cheese serve with crackers or pita
- pita chips
- whole grain waffles or mini pancakes
- quinoa and veggie bowls
- oats overnight
- pretzels with peanut butter or almond butter
- tortilla chips and salsa
- hummus and pita chips
- cheese puffs baked
- crackers
- trail mix
- string cheese
- cottage cheese
- yogurt
- granola
- muffin whole grain
- granola bars or protein bars
- popcorn
- graham crackers