



# Healthy Back-to-School Lunch Ideas Your Kids (and You) Will Love

Back-to-school season is here, and packing healthy lunches can feel like one more thing on your never-ending to-do list.

The good news? Nutritious meals don't have to be complicated—or boring! With a little planning, you can create a balanced lunch that kids love and you feel good about.

Bonus: these ideas work great for your own work lunches too!

## Think “3 + 1”

- **High Protein Food:** Turkey roll-ups, hummus, boiled eggs, Greek yogurt, canned beans, cheese
- **Whole Grains:** Whole-wheat wraps, brown rice, multigrain crackers
- **Fruits & Veggies:** Apple slices, baby carrots, cherry tomatoes
- **Healthy Treat:** Dark chocolate square, homemade energy bites, or air-popped popcorn

## Quick & Fun Ideas

- **DIY Taco Cups:** Pack mini tortillas, shredded chicken, cheese, and salsa separately.
- **Bento-Boxes:** Combine bite-sized portions of colorful snacks.
- **Wrap It Up:** Fill a whole-wheat wrap with lean protein source, veggies, and a light spread.

## Time-Saving Hacks

- **Prep on Sunday:** Chop fruits, portion snacks, and pre-cook proteins.
- **Get Kids Involved:** Let them choose one fruit, one veggie, and one snack to add each day.

**Pro Tip:** Aim for fiber in every lunch. Fiber-rich foods—like whole grains, berries, apple slices, carrots, and popcorn—help keep kids fuller for longer, stabilize energy levels, and prevent the dreaded post-lunch slump. And yes, these same balanced combos work perfectly for busy parents at the office, too!

Healthy lunches don't have to be complicated—or time-consuming. A little prep and creativity can make back-to-school lunches both **balanced and fun!**

# Rainbow Bento (Lunch) Box



Colorful lunch that's easy, nutritious and perfect for kids *and* busy parents!

## Ingredients:

- ½ cup canned chickpeas
- ½ cup cooked quinoa (or brown rice, farro, or couscous)
- 1 cup of vegetables (pick 2: sliced bell peppers, tomatoes, or cucumbers)
- 1 cup fresh berries (or sliced apples or oranges)
- Dash of Salt and Pepper (or any preferred seasoning)
- 1tsp olive oil

**Optional Treat:** 1 square of dark chocolate

## Instructions:

1. **Cook the Base:** Prepare your preferred grain ahead of time.
2. **Prep Protein-Rich Food:** toss chickpeas in olive oil and mild seasoning. Portion out ahead of time.
3. **Assemble Bento:**
  - One section: grain + *chickpeas*
  - One section: colorful veggies
  - One section: berries + tasty treat

**Pack & Chill:** Store in an insulated lunchbox with an ice pack to keep ingredients fresh.