

Ideas for Kids' Kosher Lunches

Use this guide to help you pack your child's lunch box. Power-packed lunches (and snacks!) ideally include a protein + fruit and/or vegetable + high-fiber carbohydrate + heart-healthy fat. For ideas on building a lunchbox, mix-and-match from the healthful choices below.

Higher-fiber carbohydrates	Fruits and/or Vegetables
Whole grain bread, sandwich thins, pita or bagels Whole grain or protein-fortified pasta Whole wheat or corn tortilla Quinoa Brown rice Couscous Whole grain crackers (Triscuits, Wheat thins, rice crackers, pretzels) Rice cakes Corn tortilla chips Whole grain muffins Granola bars Low-sugar cereals (Cheerios, Chex, Kix) Sweet potato or potato pancakes Graham crackers or snack-size cookies	Whole fresh fruit (apples, banana, peach, pear, plum, grapes, kiwi, sweet cherries, mandarin orange, berries) Applesauce Canned fruit (peaches, pears, oranges) Dried fruit (raisins, apricots, figs) Baby carrots or carrot sticks Bell pepper slices or sticks Celery sticks Cucumber sticks or slices Grape or cherry tomatoes Broccoli or cauliflower florets Peas (green, sugar snap, snow) Salad, spinach or other leafy greens Squash or zucchini spears or spirals Veggie soups (tomato, butternut)
Proteins	Heart-healthy Fats
Canned/pouched salmon or tuna Smoked salmon Cottage cheese Hard-boiled eggs or egg salad Baked egg "muffins" Yogurt Milk Cheese sticks, slices or chunks Soft cheese spread Hummus Baked falafel Canned/leftover beans or lentils Sunbutter or Wowbutter Tofu or edamame Soy meatballs or veggie burgers	Black or green olives Avocadoes or guacamole Ranch dip (made w/ yogurt) Nuts and nut/peanut butter (if allowed) Seeds (sunflower, pumpkin, chia, sesame)

For outside-of-the-bun lunches, consider these:

- Corn tortilla or tortilla chips w/ avocado and black beans + bell peppers + berries
- Tuna salad w/ whole grain crackers and celery sticks + olives + mandarin orange
- Potato-zucchini pancake w/ plain yogurt + apple slices w/ cinnamon + pumpkin seeds
- Sandwich thin w/ pasta sauce and shredded mozzarella + broccoli w/ ranch + grapes
- Tomato soup + grilled cheese cut into dipping sticks + sweet peas + applesauce