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BACK TO SCHOOL KIDS LUNCH IDEAS

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Today is the day! My kids are going back to school which is mind boggling to me. I have no idea where the summer went and I have mixed emotions about watching them go back to school. I have one leaving the house at 6:00 am, one at 7:00 am, and two at 8:00 am which means it is a non-stop busy morning.

I am one of those Moms. I organize up a storm leading up to the first day of school and have a goal of packing healthy lunches all year long. By the time May comes around, their lunches barely resemble lunch. But I start off real strong! Haha!

I do have a theory though in our home and it works for us. My kids pack their own lunches. Here's the thing -- kids are fickle. One day, they love a certain granola bar and the next day they despise it, for some odd reason. They tire of certain foods and so I switch up their choices often. I give them a lot of different options to keep lunch interesting. So I am sharing a list of some [healthy school lunch ideas for kids](#).

BACK TO SCHOOL KIDS LUNCH IDEAS:

OPTION #1

Turkey + Cheddar Roll-up

Fresh Berries

Yogurt

Trail Mix

OPTION #2

Hummus

Pita Bread

Grape Tomatoes

Cucumbers

Sliced Oranges

OPTION #3

Cheese Quesadilla

Guacamole

Salsa

Tortilla Chips

Strawberries

OPTION #4

Deli Meat + Cheese Kabobs

Red Pepper Slices

Apples

Fruit Leather or Snacks

OPTION #5

Hard Boiled Eggs

Baby Carrots + Ranch

Pretzels

Peaches or Applesauce

OPTION #6

Pasta Salad

Yogurt

Granola Bar

Raspberries

OPTION #7

Almond Butter + Jelly (or PB +J)

String Cheese

Fruit Cup

Chips

OPTION #8

Crackers

Cheddar Cheese Cubes

Grapes

LaraBar or Cliff Bar

OPTION #9

Bagel + Cream Cheese

Yogurt Tube

Baby Carrots

Fruit Snacks

OPTION #10

Veggie Wraps with Hummus

Edamame or Snap Peas

Clementine

Granola Bar

MAIN MEAL:

Pita Bread + Hummus

Cheese + Crackers

Turkey + Cheese Roll-ups

Almond Butter + Jam Sandwich

Cheese Quesadilla

Hard Boiled Eggs

Pasta Salad

Meat + Cheese Kabob

Chips + Guacamole

Ham + Cheese Sandwich

Bagel + Cream Cheese

Veggie +Hummus Wrap

FRUITS + VEGGIES:

Oranges

Apples

Strawberries

Grapes
Peaches
Blueberries
Raspberries
Natural Applesauce
Mangoes
Melon
Baby Carrots
Cucumbers
Grape Tomatoes
Edamame
Snap Peas

SIDES and SNACKS:

Chips
Granola Bars
Pretzels
String Cheese
Yogurt
Trail Mix
Lara Bar or Cliff Bar
Fruit Leather
Fruit Snacks
Popcorn
Crackers
Chips + Salsa
Fruit Cup
Pudding Cup
Graham Crackers
Cookies
Rice Krispies Treats

DRINKS:

Water Bottle
100% Juice Boxes
Capri Suns
Bolthouse Smoothies
Milk -- Strawberry or Chocolate

Here are some suggestions for kids lunchbox containers:

[Rubbermaid LunchBox Sandwich Kit](#) and [Rubbermaid Take Alongs Food Storage Container](#) (Set of 6)
and [EasyLunchboxes 3-Compartment Bento Lunch Box Containers, Set of 4](#)

Here is a suggestion for a kids lunchbox:

[Rubbermaid LunchBlox Small Lunch Bag, Blue](#)

KIDS SCHOOL LUNCH IDEAS PRINTABLE OPTION:

Back to School Kids Lunch Ideas

Melissa Stadler, Modern Honey

★★★★★ 5 from 15 votes

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INGREDIENTS

- MAIN:
- Pita Bread + Hummus
- Cheese + Crackers
- Turkey + Cheese Roll-ups
- Almond Butter + Jam Sandwich
- Cheese Quesadilla
- Hard Boiled Eggs
- Pasta Salad
- Meat + Cheese Kabob

- Chips + Guacamole
- Ham + Cheese Sandwich
- Bagel + Cream Cheese
- Veggie +Hummus Wrap
-

- **FRUITS + VEGGIES:**

- Oranges
- Apples
- Strawberries
- Grapes
- Peaches
- Blueberries
- Raspberries
- Natural Applesauce
- Mangoes
- Melon
- Baby Carrots
- Cucumbers
- Grape Tomatoes
- Edamame
- Snap Peas
-

- **SIDES and SNACKS:**

- Chips
- Granola Bars
- Pretzels
- String Cheese
- Yogurt
- Trail Mix
- Lara Bar or Cliff Bar
- Fruit Leather
- Fruit Snacks
- Popcorn
- Crackers
- Chips + Salsa
- Fruit Cup
- Pudding Cup
- Graham Crackers
- Cookies
- Rice Krispies Treats
-

- **DRINKS:**

- Water Bottle
- 100 % Juice Boxes
- Capri Suns
- Bolthouse Smoothies
- Milk -- Strawberry or Chocolate

-
- OPTION #1
- Turkey + Cheddar Roll-up
- Fresh Berries
- Yogurt
- Trail Mix
- OPTION #2
- Hummus
- Pita Bread
- Grape Tomatoes
- Cucumbers
- Sliced Oranges
- OPTION #3
- Cheese Quesadilla
- Guacamole
- Salsa
- Tortilla Chips
- Strawberries
- OPTION #4
- Deli Meat + Cheese Kabobs
- Red Pepper Slices
- Apples
- Fruit Leather or Snacks
- OPTION #5
- Hard Boiled Eggs
- Baby Carrots + Ranch
- Pretzels
- Peaches or Applesauce
- OPTION #6
- Pasta Salad
- Yogurt
- Granola Bar
- Raspberries
- OPTION #7
- Almond Butter + Jelly or PB +J
- String Cheese
- Fruit Cup
- Chips
- OPTION #8
- Crackers
- Cheddar Cheese Cubes
- Grapes
- LaraBar or Cliff Bar
- OPTION #9
- Bagel + Cream Cheese
- Yogurt Tube
- Baby Carrots

- Fruit Snacks
- OPTION #10
- Veggie Wraps with Hummus
- Edamame or Snap Peas
- Clementine
- Granola Bar



Tried this recipe?

[Let us know](#) how it was!

What do you love to serve in your kid's lunchbox? I would love to hear your favorite things! I hope this list of back to school kids lunch ideas helps you pack those school lunches. Have a great day, my friends! xo

Hope your kiddos have a fabulous first day!

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[Fresh Mozzarella Watermelon Skewers with Honey Lime Drizzle](#)

COMMENTS

Tanya

July 30, 2020 at 9:47 am

★★★★★

Thank you so much for putting this document together. I love the idea of the food groups you have put together and I am going to have my kids highlight the ones they love best with each of the food groups. I will then always have their favorite on hand for them to pack their lunches. We are a vegetarian family and even your menu options can all work for us by easily substituting the lunch meat products for plant based. Again thank you for the chart.

REPLY

Joe

September 08, 2022 at 9:27 am

I have a constipated child who is picky eater like his Dad so I avoid cheese ideas and dairy. PB and all nuts these days are not allowed in any school I know of or even the work force. That limits choices too. I'm looking for something can prepare within 10 mins that isn't cold leftovers as there is no way to heat meal. He likes meat, apples carrots, celery, watermelon and of course cheese dairy but right now too much dairy is the issue. Drinks lots of water daily

REPLY

Anne Cruz

November 05, 2020 at 12:23 pm

Thanks for these ideas!! I'm kinda worried about the food that has cheese, my son is not allowed to refrigerate his lunch at school. Is it advisable to bring food with cheese without refrigerating?
thanks

REPLY

Modern Honey

November 05, 2020 at 2:12 pm

Hi Anne! I always like to put a cold pack in my kids lunch. I just have several that I freeze ahead of time so they are ready to go. I place the cold items directly by the freezer pack to keep them cold throughout the day. Hope that helps!

REPLY

Wanda

November 30, 2021 at 9:16 am

I use a plastic water bottle and fill it half way with juice and freeze. When packing lunch I finish filling the bottle with juice. This keeps lunch cool and the juice thaws to a perfect drinking temp by lunchtime.

REPLY

evan klein

April 27, 2021 at 5:51 am

★★★★★

awesome so many great ideas

REPLY

Lady Di

August 01, 2021 at 12:12 pm

★★★★★

These are great suggestions and super helpful! Thanks for taking the time to share!

REPLY

Carmelle Constant

September 09, 2021 at 6:03 pm

I truly love the recipes. Thank you so much!

REPLY

Giuseppe Gaito

October 09, 2021 at 8:00 am

Great post!

REPLY

Colette

October 29, 2021 at 8:20 am

★★★★★

Hi. What do you do to keep rice safe in the lunches? Do you put it in a thermas or serve it cold. I'm aware rice can be difficult to keep safe.

REPLY

Michael

July 10, 2022 at 1:57 am

Thank you! These seem yummy! Do you have any food ideas that a hungry teen would be filled up with?

REPLY

Ruby

August 31, 2022 at 4:10 pm

★★★★★

Hi

REPLY

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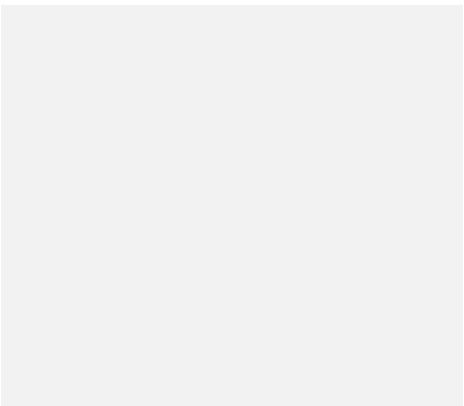
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Hi, I'm Melissa

Stadler! I am an Award-Winning Recipe Creator. Cover of Food Network Magazine. Two-Time Pillsbury Bake-Off Finalist. I am passionate about sharing the best recipes so you have success in the kitchen!

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