

# easy SCHOOL LUNCHES

## mix and match

### Main Items

#### LEFTOVERS

- Meatloaf (this is even more portable when you make it in a muffin tin)
- Chicken
- Meatballs
- Hamburgers
- Pork chops
- Pulled pork
- Taco meat bowl
- Soups (made with bone broth for extra nutrients)
- Chili
- Homemade pizza

#### SANDWICH & WRAPS

- Turkey with mashed avocado and mustard
- Chicken with mayo, cheese and tomato
- Pulled pork with BBQ sauce or ketchup
- Ham slices, cheese, mustard, mayo, pickles
- Bacon, lettuce, tomato, and mayo
- Chicken salad made with mayo, grapes and celery
- Tuna fish mixed with mashed avocado and mustard, or just plain mayo
- Cream cheese and salmon
- Grilled cheese with bacon bits, shredded meats, or cut up veggies
- Egg salad
- Cream cheese and cucumber slices
- Peanut butter or other nut butter and banana slices.
- Peanut butter or other nut butter and blueberries
- Cheese slices, mayo, mustard, tomato
- Cream cheese, chopped apples, cinnamon

### Fruits & Veggies

- Apple chips
- Apple slices with cinnamon or peanut butter
- Berries
- Oranges
- Grapes
- Bananas, fresh or dried
- Pineapple
- Watermelon
- Peaches
- Plums
- Pear
- Avocado chunks
- Cucumber slices
- Mashed sweet potato with butter
- Sweet potato fries and ketchup
- Butternut squash fries and ketchup
- Cherry tomatoes or tomato slices
- Leftover fried zucchini
- Leftover baked cheesy zucchini
- Pickles
- Carrot sticks
- Celery with cream cheese or a nut butter

### Other Sides

- Real cheese slices
- Hardboiled egg
- Jerky
- Sprouted nuts trail mix
- Muffins with veggies like shredded zucchini or carrots mixed in
- Plain yogurt with mixed berries and honey
- Smoothies with a mix of fruit, veggies, collagen and Vitamin C
- Cottage cheese with fruit
- Sweet potato pancake with cream cheese

## The Sweet & Crunchies

- Sweet potato chips
- Siete chips and salsa
- Dried fruit
- Larabars
- Bear Real Fruit Yoyos
- Figgy Pops
- Banana bread muffins
- Soaked oats banana bread
- Sweet potato cookie
- Avocado chocolate chip cookies
- Avocado chocolate pudding
- Homemade ice cream (it'll help keep the lunchbox cool, too!)
- Chocolate covered peanut butter bananas
- Sweet potato brownies
- Dates stuffed with peanut butter and dipped in chocolate
- Homemade strawberry banana gummies
- Popcorn with just butter and salt as ingredients, add nutritional yeast for a cheesy flavor

## Other Ideas

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## Our Favorite Combos

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- Remember to stay away from products that have additives and preservatives.
- Stick with coconut, avocado or olive oil. Avoid oils like canola or soybean oil.
- Avoid processed lunch meats.
- To find healthy packaged snacks, just click [here](#) or head to [bekahshephard.com](http://bekahshephard.com).
- To find some of the recipes mentioned in this download, just click [here](#) or head to [bekahshephard.com](http://bekahshephard.com).

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