

50+ School Lunch Ideas for Teens

that they can pack themselves...with a little shopping and prep help!

Aim to include a starch/grain + protein + veggie + fruit with every lunch. A sweet or salty treat a few times a week makes lunch even more fun -- find combinations that both nourish and satisfy!

BATCH COOK ON SUNDAY:

MIX IT UP & CHOOSE 2-3 PER WEEK

- Mini Egg Frittatas
- Hard Boiled Eggs
- Veggie or Meat Chili
- Instant Pot Mac and Cheese
- Roasted, Grilled, or Teriyaki Chicken
- Turkey, Beef, or Veggie Meatballs
- Turkey or Beef Bolognese
- Chicken Soup
- Veggie Soup
- Mason Jar Salads
- Roasted Vegetables (ideas: onions, squash, eggplant, mushrooms, brussels sprouts, bell peppers, beets, carrots, broccoli, cauliflower)
- Lentils
- Quinoa
- Farro, Millet, or Bulgur
- Brown Rice

SANDWICH IDEAS:

- Roast Chicken, Greens, Cucumber and Avocado
- Naan Bread or English Muffin Pizza
- Veggie-Packed Pita Sandwich
- BLAT - Bacon, Lettuce, Avocado & Tomato Sandwich (on toasted bread!)
- Peanut Butter and Sliced Strawberries
- Ham, Lettuce and Swiss Cheese on Baguette
- Whole Grain Grilled Cheese with Sliced Apples
- Roast Beef, Tomatoes, and Onions on Baguette
- Curry Chicken Salad Sandwich
- Egg Salad Sandwich
- Roasted Veggies and Pesto Sandwich
- Chickpea Salad Wrap
- Buffalo Chicken Wrap
- Hummus, Roasted Veggies, and Greens
- Roasted Turkey, Cranberry Sauce, Goat Cheese and Arugula on Whole Grain
- Cream Cheese and Smoked Salmon Wrap
- Waffle Sandwich with Jam and Nut or Seed Butter
- Mozzarella, Tomato, and Pesto
- Tuna Salad and Greens on Whole Wheat

SALAD IDEAS:

- Greek Salad with Roasted Chicken
- Spinach Salad with Veggies and Hard-Boiled Egg
- Arugula Salad with Roasted Veggies & Pesto
- Kale Salad with Quinoa and Roasted Chickpeas
- Mixed Greens with Veggies and Grilled Chicken
- Salmon Salad Nicoise
- Pesto Pasta Salad with Roasted Veggies
- Lentil and Roasted Vegetable Salad
- Bean Salad

VERSATILE SIMPLE SALAD DRESSING:

E.V. Olive Oil + Lemon + Pinch of Salt

HOT IN A THERMOS:

- Chicken Soup (ramen, noodle, rice, tortilla)
- Veggie Soup (lentil, tortellini, squash, tomato)
- Chili (veggie, turkey, beef)
- Mac & Cheese
- Pasta and Meatballs
- Pasta Bolognese

BENTO BOX STYLE:

- Hard Boiled Egg + Rice Crackers + Grapes + Sliced Cucumbers + Hummus
- Roasted Chicken + Whole Grain Tortilla Chips + Salsa + Baby Spinach + Cheese
- Swedish Pancakes + Raspberries + Real Whipped Cream + Mini Bell Peppers
- Whole Grain Crackers + Sliced Cheese + Smoked Turkey + Sliced Veggies + Blueberries
- Chicken Teriyaki + Brown Rice + Mixed Greens + Shredded Carrots + Soy Sauce

GRAB & GO:

- Skyr or Greek Yogurt + Granola + Berries
- Energy Bar + Banana + Baby Carrots
- Smoothie in Thermos + Trail Mix
- Nut or Seed Butter Packet + Apple + Multigrain Rice Cakes

