

Vegan Lunchbox Ideas for Kids Heatherriggleman.com

<u>Main Dish</u>	<u>Veggie</u>	<u>Fruit</u>	<u>Beverage</u>	<u>Snack</u>
<u>PB & Jelly (Sushi Roll style)</u>	Baby Carrots	Whole strawberries	Water	1/4 cup almonds
<u>Apple Pecan Pizza</u>	Celery & Bell Pepper Sticks & ranch dip	Grapes	Almond Milk	bagged popcorn
Almond Butter & Banana Sandwich	Cuties / Sugar Snaps	Cutie slices	Apple Juice	Chex mix
<u>Morning Glory Muffins</u>	Broccoli heads and ranch dip	Blueberries	Water	Kashi Fruit Bars
<u>Sloppy Chicks</u>	Cold Corn on Cob	Orange slices	Almond Milk	Fruit Strip Snack

<u>Main Dish</u>	<u>Veggie</u>	<u>Fruit</u>	<u>Beverage</u>	<u>Snack</u>
<u>Refried Bean Wraps</u>	Diced Corn and Peas	Grapes	Water	Chex Mix
Nutella & Apple Slices	Carrots and Sugar Snap Peas	In main dish	Berry Almond Milk	Trail Mix
<u>Pizza Roll</u>	Strawberry/Kiwi Slices / Carrots	Kiwi & Strawberry Slices	Water	Chocolate Pudding Cups
Strawberry Jam on Whole Wheat Bread	Cauliflower/Baby Carrots & Catalina Dressing	Honey Dew Melon chunks	Apple Juice	Pretzels
Couscous with Peas	Bell Pepper Slices with Catalina Dressing	Apple Sauce	Chocolate Almond Milk	Edamame

* Cook couscous with organic veggie broth instead of water, add peas. It tastes great served warm or cold.

<u>Main Dish</u>	<u>Veggie</u>	<u>Additional Side</u>	<u>Beverage</u>	<u>Snack</u>
<u>Sesame Noodle Salad</u>	Baby Carrots	Apple Slices	Water	Fruit strip snack
Veggie Wrap with Hummus	Bell Pepper Sticks with Vegan Ranch Dip	Grapes	Coconut Milk	Trail Mix
Vegan Hot Dog on a Bun	Corn	Honey Dew Melon and Cantaloupe	Water	1/4 cup Cashews
<u>Veggie Chili</u>	Edamame	Mandarins	Apple Juice	Trail Bars
<u>Chocolate Zucchini Muffins</u>	Carrot Sticks, Cherry Tomatoes	Apple Sauce	Orange Juice	Whole grain crackers

*For the wraps, I use whatever wrap or tortillas I have on hand and either make my own humus from scratch or use store bought. Simple and easy. Either place humus in a separate container or spread onto wrap, roll and slice into pinwheels.

<u>Main Dish</u>	<u>Veggie</u>	<u>Fruit</u>	<u>Beverage</u>	<u>Snack</u>
<u>Lentil Spaghetti</u>	Baby Carrots	Oranges	Water	Fruit strip snack
<u>Apple Quinoa Muffins</u>	Carrot, Celery Sticks with Cherry Tomatoes	Watermelon chunks	Berry Almond Milk	Applesauce
Whole Wheat Bagel with Strawberry Jam	Cucumber Slices with Dip	Blackberry & Raspberry mix	Apple Juice	<u>Goldfish Crackers</u>
<u>Crack Wraps</u>	Carrots & Sugar Snaps with Catalina Dressing	Kiwi & Strawberry Slices	Water	Chocolate Pudding Cups
<u>Brown Rice Black Beans & Corn</u>	In Main Dish	Pineapple Chunks	Water	Trail Mix