

# LUNCH BOXES RECIPES Makes 1-2 servings

Ensure your child have easy access to the nutrient-packed foods they need to eat. Try these simple lunch box recipes.



## LUNCH BOX #1 - Pizza Roll-up

- Use a whole-wheat tortilla, put a little bit of pizza sauce, cheese, and toppings of choice (ham, spinach, olives etc.)
- Warm up in microwave for 20 seconds and roll up.
- Slice into 3-5 pieces and place in Tupperware.

Pack along ½ cup of berries, yogurt, sliced veggies and hummus, milk and water.

Photo credit: [madefrompinterest.net](http://madefrompinterest.net)

## LUNCH BOX #2 - Leftover Chicken Sandwich

- With your choice of bread (2 slices), preferably whole-grain or multi-grain, spread a little bit of ranch dressing on each.
- Add lettuce, tomato, cheese, and diced up grilled chicken.

You can also pack ½ cup of grapes, milk, water, and some cheese and crackers as an afternoon snack.

Photo credit: [favfamilyrecipes.com](http://favfamilyrecipes.com)

