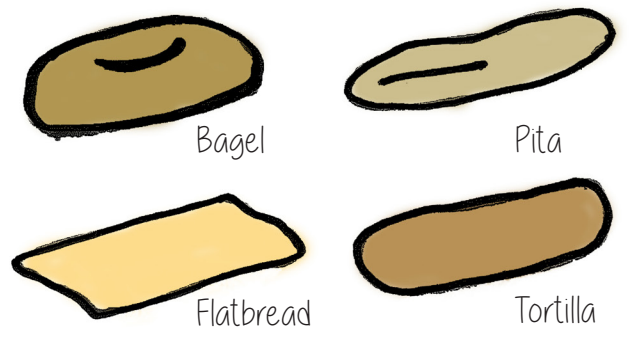
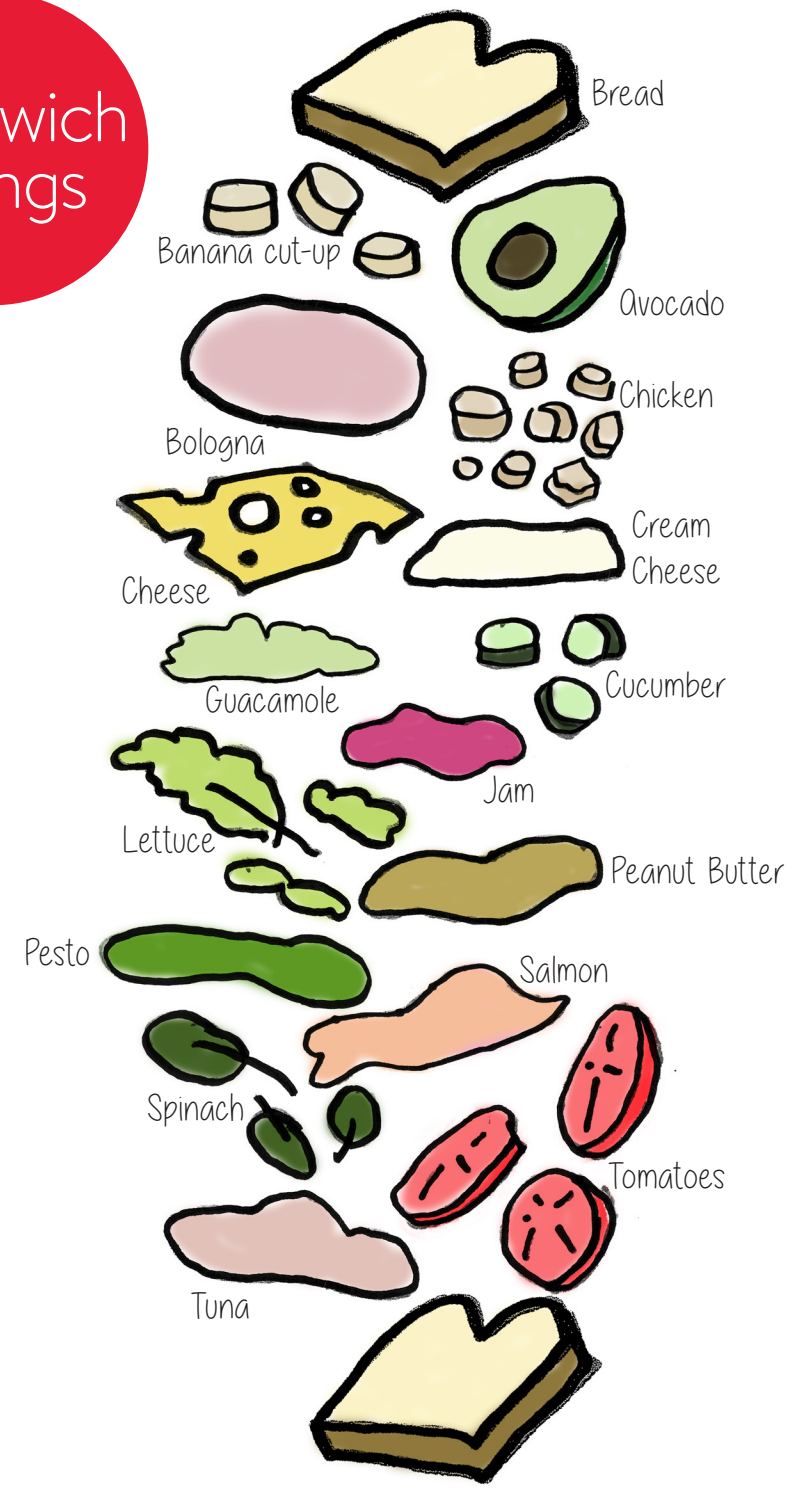
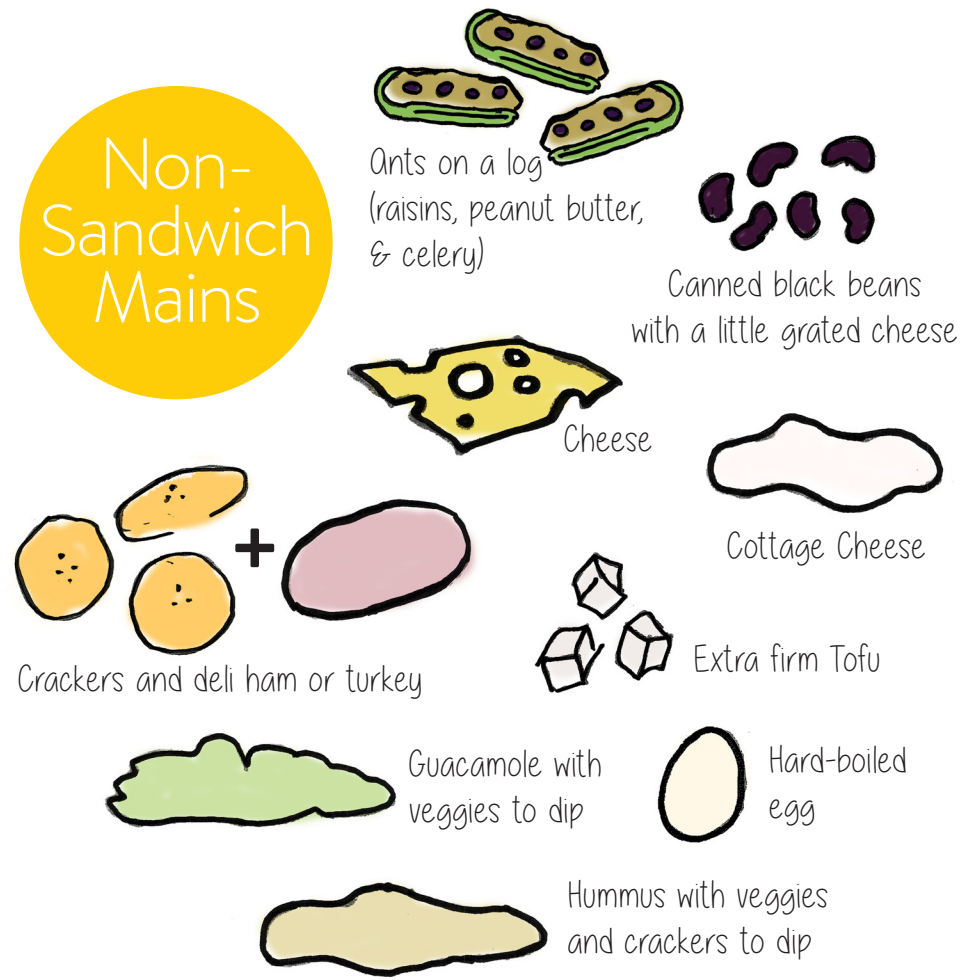


Sandwich Fillings



alternative Sandwich Wraps

Non-Sandwich Mains



Leftovers
make good
lunches

quesadilla
pasta

chicken satay
homemade chicken nuggets

casserole
lentil salad
pasta & veggies

greek salad
tabouleh
PIZZA

beans and rice
bean-based salads
chopped salad
veggie fried rice
cobb salad
salad nicoise

mac & cheese



For more information, visit the Stanford Children's Health blog article on healthy lunch and snack suggestions by Stanford nutrition expert Maya Adam, MD.

