



School-friendly lunch box ideas!

Created by Ali Naglee Wellness



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Thank you for downloading this recipe guide!

Here are 17 school-friendly lunch ideas! Whether you have a young kid or a teenager, you'll be sure to find something in here that will satisfy your child's tastebuds.

Each recipe takes 10 minutes or less to make and requires no more than 5 ingredients:)

Please reach out with any questions: ali@alinagleewellness.com

Smoked Salmon & Cream Cheese Sandwich

5 ingredients · 10 minutes · 1 serving



Directions

1. Spread the cream cheese over one slice of bread and arrange the salmon and dill on top. Season with salt and pepper. Close the sandwich and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is one sandwich.

More Flavor

Add capers, red onions and baby spinach or microgreens.

Ingredients

1 tbsp Cream Cheese, Regular (at room temperature)

2 slices White Bread

1 3/4 ozs Smoked Salmon (sliced)

1 tsp Fresh Dill (chopped finely)

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	264	Calcium	103mg
Fat	8g	Iron	3mg
Carbs	30g	Vitamin D	349IU
Fiber	2g	Vitamin E	1mg
Sugar	4g	Vitamin K	1µg
Protein	16g	Vitamin B6	0.2mg
Cholesterol	25mg	Folate	70µg
Sodium	702mg	Vitamin B12	1.7µg
Potassium	183mg	Magnesium	24mg
Vitamin A	59IU	Zinc	1mg
Vitamin C	0mg	Selenium	30µg

Balsamic Lentil Salad

5 ingredients · 5 minutes · 2 servings



Directions

1. Add the lentils to a bowl and stir in the balsamic vinegar, parsley, and cucumber. Season with salt and pepper to taste. Divide between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately equal to one cup.

More Flavor

Add other dried herbs and spices to taste.

More Fat

Add extra virgin olive oil, olives, or feta cheese.

More Veggies

Add tomatoes, bell pepper, zucchini or chopped greens.

No Lentils

Use chickpeas or white beans instead.

Ingredients

1 1/2 cups Lentils (cooked, rinsed well)

2 tbsps Balsamic Vinegar

1/2 cup Parsley (finely chopped)

1/4 Cucumber (diced)

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	197	Calcium	60mg
Fat	1g	Iron	6mg
Carbs	35g	Vitamin D	0IU
Fiber	12g	Vitamin E	0mg
Sugar	6g	Vitamin K	258µg
Protein	14g	Vitamin B6	0.3mg
Cholesterol	0mg	Folate	295µg
Sodium	16mg	Vitamin B12	0µg
Potassium	705mg	Magnesium	68mg
Vitamin A	1332IU	Zinc	2mg
Vitamin C	23mg	Selenium	4µg

Edamame, Cranberry & Feta Salad

5 ingredients · 10 minutes · 2 servings



Directions

1. Combine all ingredients in a bowl and enjoy!

Notes

No Cranberries

Use raisins, blueberries or cherries instead.

Leftovers

Refrigerate in an airtight container up to 5-7 days.

No Edamame

Use green peas instead.

Ingredients

3 cups Frozen Edamame (thawed)

1/2 cup Feta Cheese (crumbled)

1/2 cup Dried Unsweetened Cranberries

1 tbsp Extra Virgin Olive Oil

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	531	Calcium	331mg
Fat	27g	Iron	6mg
Carbs	44g	Vitamin D	6IU
Fiber	14g	Vitamin E	3mg
Sugar	25g	Vitamin K	67µg
Protein	33g	Vitamin B6	0.4mg
Cholesterol	33mg	Folate	735µg
Sodium	441mg	Vitamin B12	0.6µg
Potassium	1037mg	Magnesium	156mg
Vitamin A	851IU	Zinc	4mg
Vitamin C	14mg	Selenium	7µg

Rice Cakes, Avocado & Hummus

4 ingredients · 10 minutes · 1 serving



Directions

1. Spread rice cakes with hummus. Top with sliced avocado and a sprinkle of salt and pepper. Enjoy!

Notes

No Rice Cakes

Use crackers or tortillas instead.

Ingredients

2 Plain Rice Cake

1/4 cup Hummus

1/2 Avocado (sliced)

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	376	Calcium	43mg
Fat	26g	Iron	2mg
Carbs	32g	Vitamin D	0IU
Fiber	11g	Vitamin E	3mg
Sugar	1g	Vitamin K	35µg
Protein	8g	Vitamin B6	0.4mg
Cholesterol	0mg	Folate	115µg
Sodium	274mg	Vitamin B12	0µg
Potassium	732mg	Magnesium	99mg
Vitamin A	161IU	Zinc	2mg
Vitamin C	10mg	Selenium	8µg

Turkey, Avocado & Hummus Wrap

5 ingredients · 5 minutes · 1 serving



Directions

1. Spread the hummus on the tortilla and place the turkey and avocado on top. Season with salt and pepper. Roll the wrap tightly and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to one large wrap.

More Flavor

Add some additional spices and/or herbs such as everything bagel seasoning or smoked paprika.

Additional Toppings

Add some shredded lettuce or tomato.

No Turkey

Use another type of deli meat or leftover, cooked chicken.

Ingredients

2 tbsps Hummus

1 Brown Rice Tortilla

4 1/4 ozs Sliced Turkey Breast

1/2 Avocado (sliced)

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	511	Calcium	43mg
Fat	27g	Iron	3mg
Carbs	43g	Vitamin D	7IU
Fiber	11g	Vitamin E	3mg
Sugar	5g	Vitamin K	28µg
Protein	25g	Vitamin B6	0.8mg
Cholesterol	59mg	Folate	101µg
Sodium	1386mg	Vitamin B12	0.4µg
Potassium	1029mg	Magnesium	75mg
Vitamin A	154IU	Zinc	2mg
Vitamin C	10mg	Selenium	17µg

Nectarine, Prosciutto & Avocado Sandwich

4 ingredients · 10 minutes · 1 serving



Directions

1. Spread the avocado evenly on each slice of bread. Layer the nectarine and prosciutto over top. Close the sandwich and enjoy!

Notes

Leftovers

Best enjoyed immediately but can be refrigerated in an airtight container or food wrap for up to two days.

More Flavor

Toast the bread. Season with salt and pepper to taste.

Ingredients

- 1/2 Avocado (mashed)
- 2 slices Gluten-Free Bread
- 1 Nectarine (pit removed, sliced)
- 2 ozs Prosciutto

Nutrition

Amount per serving

Calories	495	Calcium	51mg
Fat	27g	Iron	2mg
Carbs	48g	Vitamin D	0IU
Fiber	12g	Vitamin E	3mg
Sugar	17g	Vitamin K	24µg
Protein	21g	Vitamin B6	0.3mg
Cholesterol	39mg	Folate	89µg
Sodium	1283mg	Vitamin B12	0µg
Potassium	834mg	Magnesium	57mg
Vitamin A	618IU	Zinc	1mg
Vitamin C	18mg	Selenium	0µg

Mango & Guacamole Chicken Wrap

5 ingredients · 5 minutes · 1 serving



Directions

1. Spread on the guacamole onto the tortilla. Add the chicken, mango, and green lettuce. Roll up the tortilla tightly and enjoy!

Notes

Leftovers

Best enjoyed fresh. Store in an airtight container for up to one day.

More Flavor

Add chopped cilantro, diced tomatoes, and/or diced jalapenos.

Ingredients

1 tbsp Guacamole

1 Brown Rice Tortilla

1 1/2 ozs Chicken Breast, Cooked (shredded)

1/4 Mango (peeled, sliced)

1/16 head Green Lettuce (chopped)

Nutrition

Amount per serving

Calories	288	Calcium	14mg
Fat	6g	Iron	1mg
Carbs	41g	Vitamin D	0IU
Fiber	5g	Vitamin E	1mg
Sugar	15g	Vitamin K	8µg
Protein	17g	Vitamin B6	0.6mg
Cholesterol	44mg	Folate	48µg
Sodium	215mg	Vitamin B12	0.1µg
Potassium	380mg	Magnesium	27mg
Vitamin A	1034IU	Zinc	1mg
Vitamin C	32mg	Selenium	13µg

Turkey, Avocado & Sun Dried Tomato Sandwich

5 ingredients · 10 minutes · 2 servings



Directions

1. Spread the pesto onto the toast. Top with avocado, sliced turkey, and arugula. Close the sandwich and enjoy!

Notes

Leftovers

Best enjoyed immediately or refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to one sandwich.

More Flavor

Add tomato and red onion.

Gluten-Free

Use gluten-free bread instead.

Sourdough Bread

One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.

Ingredients

2 tbsps Sun Dried Tomato Pesto

7 1/16 ozs Sourdough Bread (toasted)

1 Avocado (medium, sliced)

6 1/16 ozs Sliced Turkey Breast

1 cup Arugula

Nutrition

Amount per serving

Calories	545	Calcium	65mg
Fat	20g	Iron	4mg
Carbs	61g	Vitamin D	5IU
Fiber	10g	Vitamin E	2mg
Sugar	3g	Vitamin K	32µg
Protein	26g	Vitamin B6	0.6mg
Cholesterol	44mg	Folate	95µg
Sodium	1433mg	Vitamin B12	0.3µg
Potassium	843mg	Magnesium	50mg
Vitamin A	384IU	Zinc	2mg
Vitamin C	14mg	Selenium	12µg

Tahini & Blueberry Jam Sandwich

3 ingredients · 5 minutes · 1 serving



Directions

1. Spread tahini on one slice of toast and jam on the other slice. Close the sandwich and enjoy!

Notes

Leftovers

For best results, enjoy freshly made. Refrigerate for up to one day.

No Blueberry Jam

Use another jam of choice.

More Flavor

Add banana slices.

Gluten-Free

Use gluten-free bread.

Ingredients

2 tbsps Tahini

2 slices Whole Grain Bread (toasted)

2 tbsps Blueberry Jam

Nutrition

Amount per serving

Calories	558	Calcium	212mg
Fat	20g	Iron	5mg
Carbs	80g	Vitamin D	0IU
Fiber	9g	Vitamin E	0mg
Sugar	43g	Vitamin K	1µg
Protein	16g	Vitamin B6	0.3mg
Cholesterol	0mg	Folate	83µg
Sodium	349mg	Vitamin B12	0µg
Potassium	314mg	Magnesium	93mg
Vitamin A	20IU	Zinc	3mg
Vitamin C	0mg	Selenium	38µg

Hummus & Tuna Stuffed Avocado

4 ingredients · 10 minutes · 2 servings



Directions

1. Mix the hummus and tuna together in a small bowl. Fill each half of the avocado with the tuna filling and garnish with the chives. Enjoy!

Notes

Leftovers

Refrigerate the tuna mixture separately from the avocado. Cut the avocado only when you are ready to serve.

Serving Size

One serving is one small avocado and 1/2 can of tuna.

More Flavor

Add capers, minced red onion and/or dill to the tuna mixture.

Canned Tuna

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

Ingredients

2 tbsps Hummus

1 can Tuna (drained)

2 Avocado (small, halved and pitted)

1 tsp Chives (chopped)

Nutrition

Amount per serving

Calories	429	Calcium	46mg
Fat	33g	Iron	3mg
Carbs	19g	Vitamin D	39IU
Fiber	14g	Vitamin E	5mg
Sugar	1g	Vitamin K	47µg
Protein	21g	Vitamin B6	0.8mg
Cholesterol	30mg	Folate	174µg
Sodium	283mg	Vitamin B12	2.1µg
Potassium	1172mg	Magnesium	89mg
Vitamin A	366IU	Zinc	2mg
Vitamin C	20mg	Selenium	60µg

Buttery Shrimp & Snap Pea Udon

5 ingredients · 10 minutes · 2 servings



Directions

1. Cook the udon noodles according to package directions and set aside.
2. Melt 2/3 of the butter in a pan over medium heat. Add the snap peas and sauté for two to three minutes. Add the shrimp and cook for one to two minutes per side or until cooked through.
3. Add the noodles to the pan with the remaining butter and salt. Mix well and cook until the noodles are reheated.
4. Divide between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to approximately 1 1/2 cups.

More Flavor

Add lemon juice.

Additional Toppings

Top with your choice of fresh herbs.

Gluten-Free

Use gluten-free noodles instead.

Ingredients

7 1/16 ozs Udon Noodles (dried)

1 1/2 tbsps Butter (divided)

1 cup Snap Peas (trimmed)

8 ozs Shrimp (large, peeled, deveined)

1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	550	Calcium	94mg
Fat	11g	Iron	1mg
Carbs	75g	Vitamin D	0IU
Fiber	3g	Vitamin E	0mg
Sugar	2g	Vitamin K	22µg
Protein	36g	Vitamin B6	0.1mg
Cholesterol	205mg	Folate	17µg
Sodium	434mg	Vitamin B12	0µg
Potassium	407mg	Magnesium	52mg
Vitamin A	611IU	Zinc	2mg
Vitamin C	6mg	Selenium	0µg

Bagel with Cream Cheese & Avocado

4 ingredients · 10 minutes · 1 serving



Directions

1. Spread the cream cheese evenly over the bagel slices. Top with avocado and arugula.
2. Close up the bagel and enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is one bagel.

Make it Vegan

Use a dairy-free cream cheese.

More Flavor

Add chili flakes.

Additional Toppings

Add bacon, eggs, and/or tomato.

Dairy-Free

Omit the cream cheese or use dairy-free cream cheese.

Gluten-Free Bagel

One gluten-free bagel is roughly four ounces or 113 grams.

Ingredients

2 tbsps Cream Cheese, Regular

4 ozs Gluten-Free Bagel (sliced in half, toasted)

1/4 Avocado (large, sliced)

1/4 cup Arugula

Nutrition

Amount per serving

Calories	516	Calcium	179mg
Fat	23g	Iron	2mg
Carbs	72g	Vitamin D	0IU
Fiber	4g	Vitamin E	1mg
Sugar	15g	Vitamin K	17µg
Protein	8g	Vitamin B6	0.1mg
Cholesterol	32mg	Folate	49µg
Sodium	827mg	Vitamin B12	0.1µg
Potassium	296mg	Magnesium	19mg
Vitamin A	192IU	Zinc	1mg
Vitamin C	8mg	Selenium	1µg

Cucumber & Tzatziki Sandwich

3 ingredients · 5 minutes · 1 serving



Directions

1. Divide the tzatziki onto each slice of bread. Add the cucumbers to one side of bread. Close the sandwich and cut it in half. Enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container or tightly wrap the sandwich with wrap of choice for up to two days.

Make it Vegan

Use hummus instead of tzatziki.

Gluten-Free

Use gluten-free bread.

Ingredients

1/4 cup Tzatziki

2 slices Whole Grain Bread

1/4 Cucumber (large, sliced)

Nutrition

Amount per serving

Calories	290	Calcium	216mg
Fat	8g	Iron	2mg
Carbs	41g	Vitamin D	0IU
Fiber	7g	Vitamin E	0mg
Sugar	9g	Vitamin K	13µg
Protein	14g	Vitamin B6	0.3mg
Cholesterol	10mg	Folate	58µg
Sodium	436mg	Vitamin B12	0µg
Potassium	301mg	Magnesium	74mg
Vitamin A	279IU	Zinc	2mg
Vitamin C	5mg	Selenium	27µg

Toasted Cucumber & Tomato Sandwich

5 ingredients · 5 minutes · 1 serving



Directions

1. Spread cream cheese on each slice of toast.
2. Top with tomato and cucumber and season with salt and pepper. Slice in half and enjoy!

Notes

Leftovers

Best enjoyed fresh.

Serving Size

One serving is one sandwich.

Make it Vegan

Use vegan cream cheese.

More Flavor

Use flavored cream cheese.

Additional Toppings

Green lettuce and/or microgreens.

Gluten-Free

Use gluten-free bread.

Ingredients

2 1/2 tbsps Cream Cheese, Regular

2 slices Whole Grain Bread (toasted)

1/4 Tomato (medium, sliced)

1/4 Cucumber (small, sliced)

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	345	Calcium	124mg
Fat	14g	Iron	3mg
Carbs	41g	Vitamin D	0IU
Fiber	7g	Vitamin E	1mg
Sugar	8g	Vitamin K	14µg
Protein	15g	Vitamin B6	0.3mg
Cholesterol	34mg	Folate	71µg
Sodium	491mg	Vitamin B12	0.2µg
Potassium	401mg	Magnesium	79mg
Vitamin A	494IU	Zinc	2mg
Vitamin C	7mg	Selenium	29µg

Tomato & Mozzarella Pesto Sandwich

4 ingredients · 5 minutes · 1 serving



Directions

1. Spread the pesto onto each piece of bread. Add the tomato and mozzarella to one piece of bread and close the sandwich. Cut in half and enjoy!

Notes

Leftovers

Best enjoyed fresh but can be refrigerated in an airtight container for up to one day.

Serving Size

One serving is one sandwich.

Make it Vegan

Use a plant-based cheese alternative.

More Flavor

Add fresh herbs and lettuce.

Gluten-Free

Use gluten-free bread.

Ingredients

1/4 cup Pesto

2 slices Whole Grain Bread

1/4 Tomato (sliced)

1 1/16 ozs Mozzarella Ball (sliced)

Nutrition

Amount per serving

Calories	577	Calcium	431mg
Fat	34g	Iron	3mg
Carbs	44g	Vitamin D	5IU
Fiber	8g	Vitamin E	5mg
Sugar	9g	Vitamin K	97µg
Protein	24g	Vitamin B6	0.3mg
Cholesterol	24mg	Folate	73µg
Sodium	853mg	Vitamin B12	0.7µg
Potassium	625mg	Magnesium	102mg
Vitamin A	1591IU	Zinc	3mg
Vitamin C	5mg	Selenium	32µg

Pepperoni Pizza Skewers

5 ingredients · 10 minutes · 2 servings



Directions

1. Take a skewer and add some pepperoni, cheese, and pita. Add more pepperoni and cheese to finish. Repeat with each skewer until all of the ingredients are used up.
2. Serve with marinara sauce. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is two six-inch (15 cm) skewers and approximately 1/4 cup of marinara sauce.

Gluten-Free

Use a gluten-free pita.

Mini Whole Wheat Pita

One mini whole wheat pita is 30 grams or one ounce.

Ingredients

- 4 ozs Pepperoni (sliced)
- 4 ozs Cheddar Cheese
- 1 oz Mini Whole Wheat Pita (cut into triangles)
- 1/2 cup Marinara Sauce
- 4 Barbecue Skewers (small)

Nutrition

Amount per serving

Calories	576	Calcium	433mg
Fat	47g	Iron	2mg
Carbs	12g	Vitamin D	43IU
Fiber	1g	Vitamin E	1mg
Sugar	2g	Vitamin K	5µg
Protein	26g	Vitamin B6	0.2mg
Cholesterol	111mg	Folate	18µg
Sodium	1466mg	Vitamin B12	1.4µg
Potassium	198mg	Magnesium	26mg
Vitamin A	904IU	Zinc	3mg
Vitamin C	6mg	Selenium	33µg

Roast Beef & Hummus Pita Sandwich

4 ingredients · 10 minutes · 2 servings



Directions

1. Spread the hummus inside of the pita. Add the roast beef and lettuce. Enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to one stuffed mini pita.

More Flavor

Add tomato and cucumber.

Gluten-Free

Use a gluten-free pita instead.

Mini Whole Wheat Pita

One mini whole wheat pita is 30 grams or one ounce.

Ingredients

1/4 cup Hummus

3 ozs Mini Whole Wheat Pita (cut in half)

6 ozs Deli Roast Beef

1/8 head Green Lettuce (leaves separated)

Nutrition

Amount per serving

Calories	281	Calcium	47mg
Fat	9g	Iron	4mg
Carbs	27g	Vitamin D	3IU
Fiber	4g	Vitamin E	0mg
Sugar	0g	Vitamin K	10µg
Protein	26g	Vitamin B6	0.6mg
Cholesterol	58mg	Folate	19µg
Sodium	379mg	Vitamin B12	2.8µg
Potassium	435mg	Magnesium	45mg
Vitamin A	123IU	Zinc	5mg
Vitamin C	0mg	Selenium	26µg