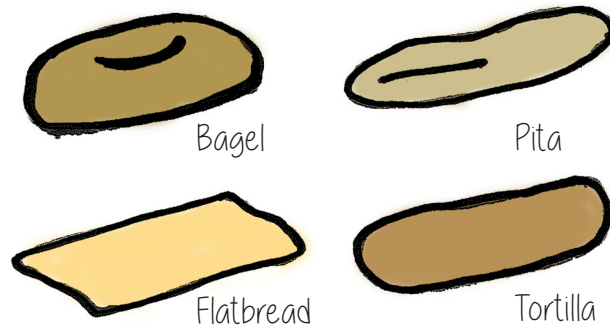
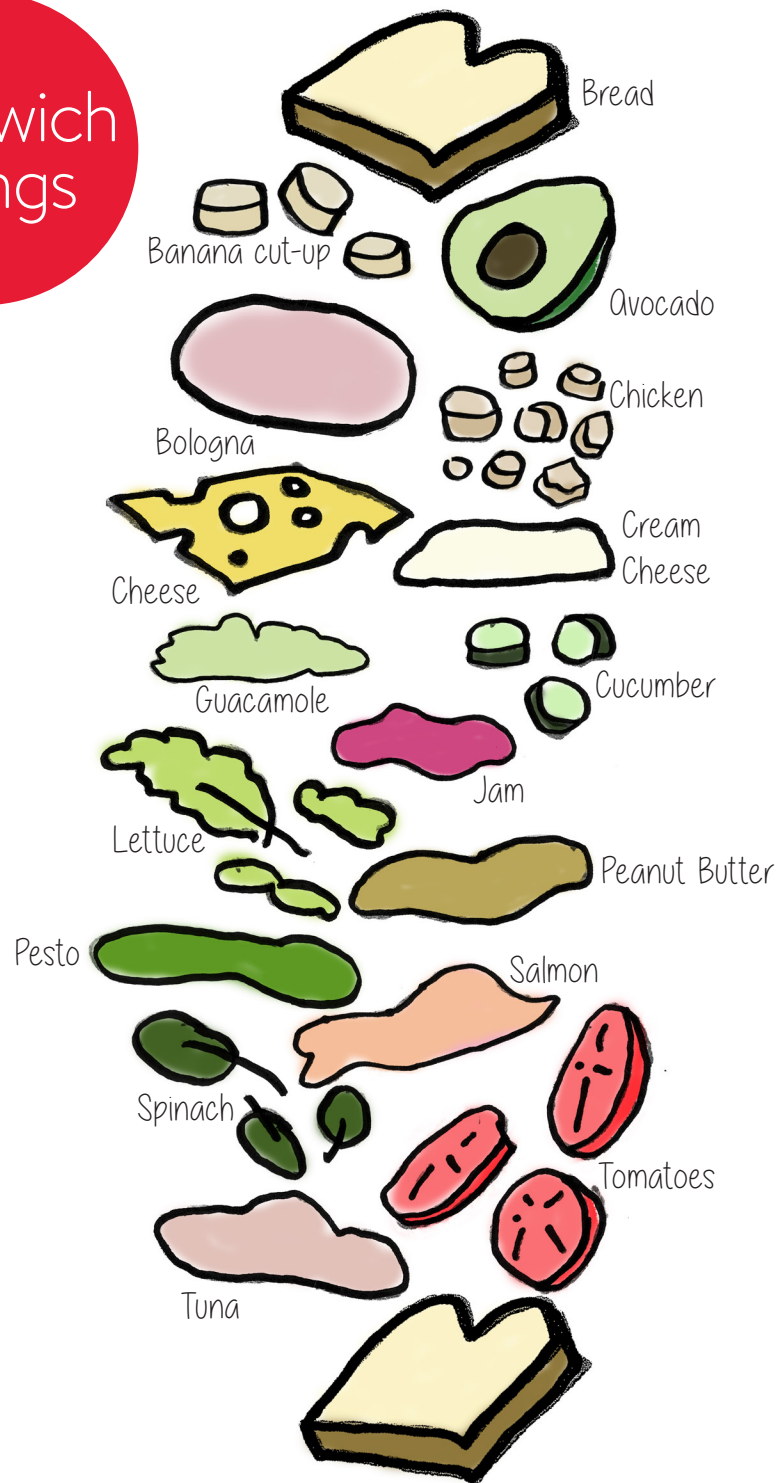
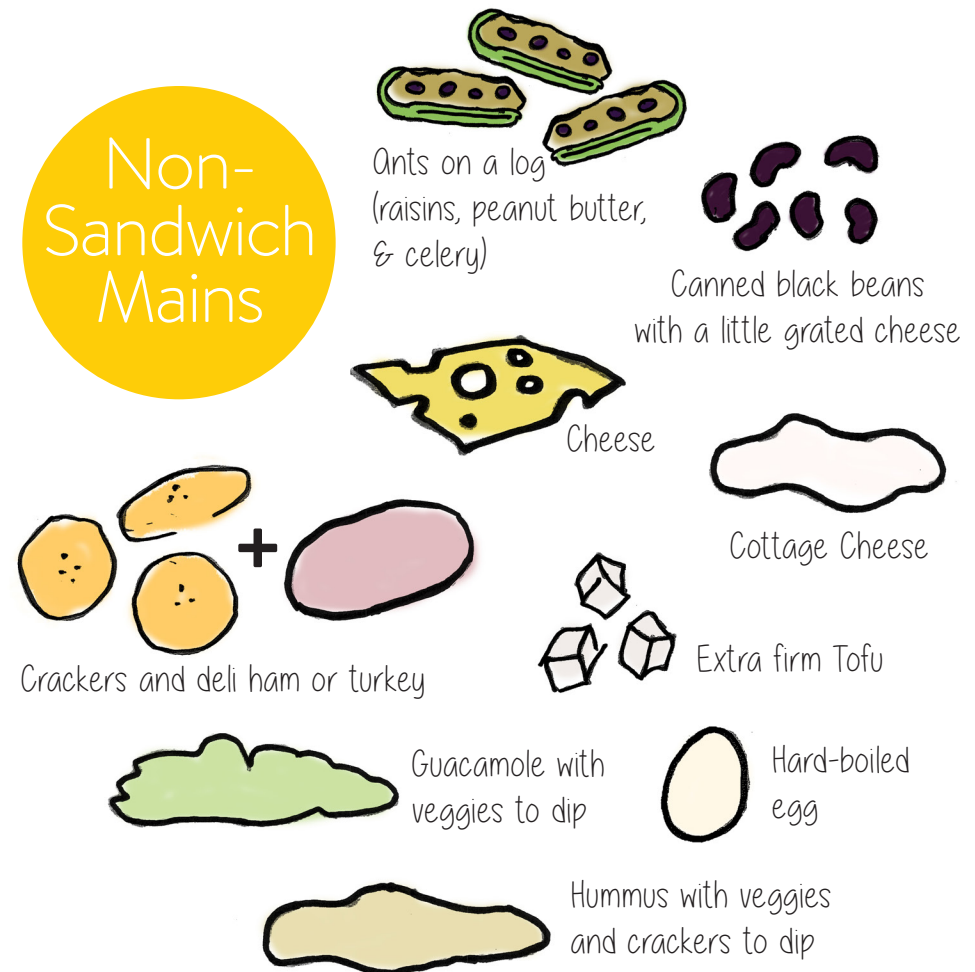


Sandwich Fillings



alternative Sandwich Wraps

Non-Sandwich Mains



Leftovers
make good
lunches

quesadilla pasta
chicken satay

casserole homemade chicken nuggets
lentil salad pasta & veggies
greek salad

tabouleh PIZZA
grain-based salads

beans and rice chopped salad
bean-based salads

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.

