School Lunch Ideas For Picky Eaters

When you have picky eaters, preparing a lunch they will eat can seem like quite the struggle. However, there are a few tips and tricks learned from other parents that you can try so your kids eat all of their lunch every day.

**Find Sandwich Alternatives**

If your kids keep coming home with a lunchbox that includes most of their regular peanut butter and jelly sandwich, it might be time to mix it up a little. It is possible that the plain ole’ sandwich is getting a bit dull, but if you change it around slightly, they will be more into it. One way to do this is by changing the type of bread you use. Instead of regular sandwich bread, try putting the same ingredients inside of a whole wheat bagel or putting it in a tortilla as a wrap. You can also switch up the sandwich filling itself, such as by using leftover turkey for a sandwich, or adding some banana and honey slices to their peanut butter and jelly bagel sandwich.

**Make Them a Healthy Pizza**

You will be hard pressed to find a kid that doesn’t love pizza. While it isn’t usually a healthy food option, there are ways to make it healthier, but also still be tasty. For example, you can make a mini pizza for your kids lunches where the crust is made from cauliflower, not regular pizza dough. This turns it into a veggie pizza with less fat and calories that is a lot more nutritious. You can even give them the toppings separately so they can have fun putting their little cold pizza together at lunchtime.

**Create a Healthier Lunchables**

Another thing that tends to be unhealthy but that kids love is Lunchables. These aren’t the best option since they are pre-packaged, overly processed, and contain a lot of ingredients and chemicals your kids don’t need. However, you can turn it into a healthy lunch by putting together a similar meal yourself. Get some whole grain crackers and add slices of deli meat and cheese. Get it sliced fresh from the deli instead of using the processed stuff to make it healthier. Serve it with some fruit and veggies with dip instead of the cookie or candy Lunchables usually come with.

**Try Serving Finger Foods**

If you create your kid’s lunch in a Bento box or any lunch box with different compartments, you will be able to serve finger foods. These make lunch fun and interesting, and your kid is probably more inclined to eat veggies when cut into small pieces as a opposed to steamed veggies that don’t look or smell very appetizing.