



**Back to School  
Kids Lunch Box Ideas  
feel good foodie™**



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# Letter from Yumna

Hey there!

**It's back to school season! Can you believe it? I'm sure I know what's on your mind: Back to packing lunch boxes!**

Making lunch boxes can feel like such a chore, but it can also be a fun and rewarding process for you and your kids. There is a lot of work that goes into the planning, the prepping, the actual packing and of course, the cleaning. **I really want to make it easier for you this year!**

I've built this resource to guide you in packing lunch boxes your kids will love all year round. I'm sharing helpful tips, favorite gadgets, and a wide variety of recipe ideas separated by three different age groups - toddlers, little kids and big kids.

In this ebook, I've broken up the age groups for making bento-style lunch boxes with fun combinations that don't need recipes but also showing you how many of the recipes on the Feel Good Foodie are perfect for packing – all to make your life easier this back to school season.

Look for the underlined recipes that are clickable and will take you directly to the recipes on the Feel Good Foodie site with exact measurements and instructions.

This Lunch Box Prep Guide will help build your confidence so you can enter into a new school year with ease. Say goodbye to lunchtime stress and say hello to healthy, delicious, and hassle-free lunches.

Cheers,

*Yumna*



# Yumna's Helpful Tips For Preparing Lunch Boxes

## How To Plan for Lunch Boxes

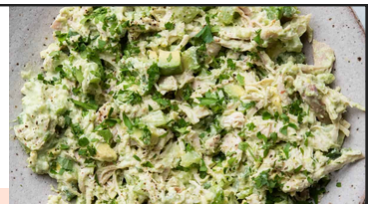
- **Plan Ahead:** Take a few minutes each week to plan your lunch box menu. Consider the likes and dislikes of your kids, and try to incorporate a balance of protein, whole grains, fruits, and vegetables. Make a grocery list based on your menu plan to ensure you have all the ingredients on hand.
- **Cook in Batches:** Spend some time on the weekends or during less busy days to batch cook and prepare ingredients in advance. Cook a big batch of chicken or pasta that can be used in different lunch box meals throughout the week. This way, you'll have ready-to-use ingredients that can be quickly assembled into a variety of lunch options.
- **Invest in Quality Containers:** Look for a set of high-quality, compartmentalized lunch containers that your kids like in their favorite colors. Bento-style containers are so useful because they allow you to pack different food items in separate compartments, keeping them fresh and appealing. Opt for leak-proof containers to prevent any messy spills and choose ones that are easy to clean and dishwasher-safe for convenience.

## Top Tips for Lunch Box Prep with Leftovers!

Don't let leftovers go to waste! Repurpose dinner leftovers into delicious lunch box meals. Here's 4 ways to do it:

1

**Repurpose into Something New:** Use up last night's roasted chicken into a chicken wrap with tortilla and lettuce or shred it for a flavorful chicken salad sandwich. If you have some cooked pasta, you can add some chopped vegetables and salad dressing to turn it into a pasta salad.



2

**Reinvent with International Flair:** Turn leftover stir-fried veggies into a tasty Asian-inspired noodle dish by adding cooked noodles, soy sauce, and sesame seeds. Use leftover ground beef to create a Mexican-inspired taco bento-box with salsa, guacamole, and sour cream.



3

**Salad Magic:** Salads are a versatile and refreshing way to use up leftover proteins, grains, and vegetables. You can use leftover cucumbers, cheese cubes or almonds from their snack, add their favorite dressing on the side and either some greens, pasta or grains to turn it into a flavorful salad.



4

**Freeze for Future:** If you have more leftovers than you can consume, freeze for later. Portion out leftovers into individual containers or freezer bags and label them with the date. Frozen leftovers make for convenient grab-and-go options on busy days when you need a quick lunch box solution.



# Gadgets

This section of your lunch box guide includes my favorite style bento boxes and practical kitchen tools. You can use these gadgets to make preparing lunch a fun activity for your kids and motivate them to be more involved.

I hope this list will be useful for you as you begin the school year! It includes everything you may need to ensure a positive experience for your kids while also reducing stress for yourself.

## Gadgets my kids love:



Vegetable Peelers



Vegetable Chopper



Melon Ballers



Apple Cutters



Mini Waffle Maker



Pots and Pans



Egg Slicers



Lemon Squeezer



Knife Set  
(Kid-Friendly)



Regular  
Knife Set



Salad Spinner



Spiralizer



Mixing Bowl Set

## Lunch Boxes:



Kids 5-  
compartment  
Lunch Box



3-Pack Meal  
Prep Lunch  
Box Set



Stainless Steel Leak  
Proof Lunch Box with  
Removable Divider



Lunch Box with  
Thermos Food Jar



Young  
Children's  
Lunch Box



Stackable Lunch  
Container with  
Salad Bowl

You can find these gadgets and lunch boxes under my [Back to School Packed Lunches Favorites List!](#)



# Lunch Box Ideas *by age*



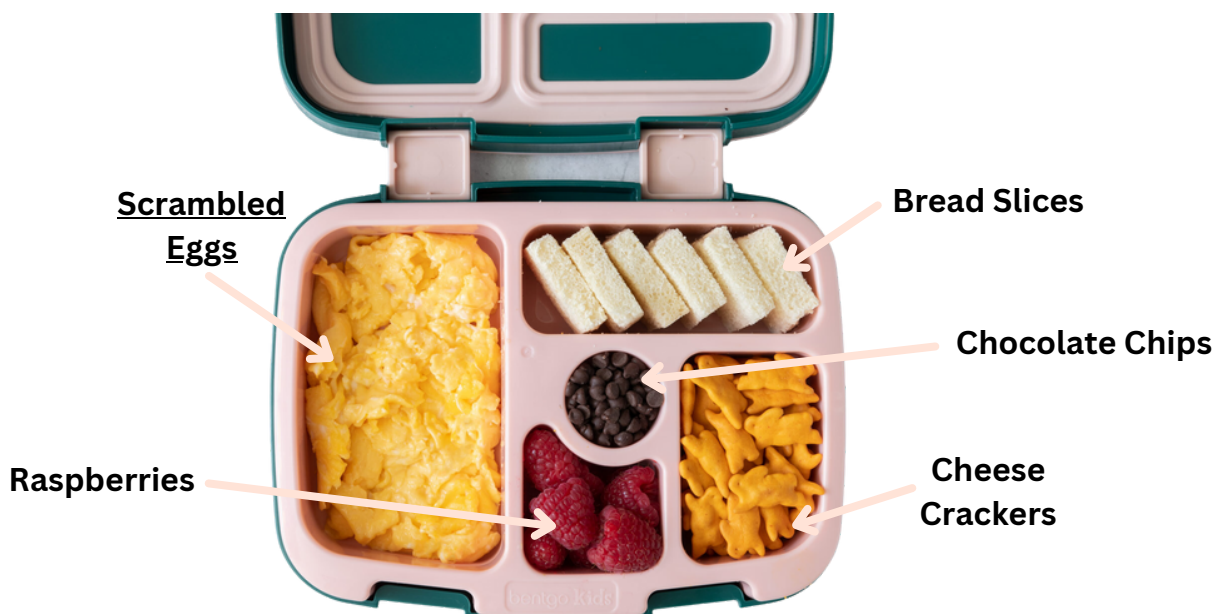
# (Ages 3-7) Toddler Lunch Box Ideas

This age group is all about finger foods and variety. You'll notice the lunch boxes I prefer for this age group have five mini compartments to encourage kids this young to try different foods, textures, and tastes.

## Box 1



## Box 2



# (Ages 3-7) Toddler Lunch Box Ideas

## Box 3



## Box 4





# (Ages 3-7) Toddler More Ideas

Here are more ideas and helpful recipes for your lunch box preparations.

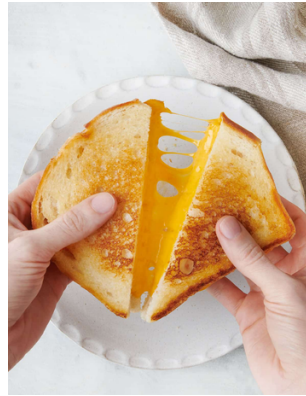
## More Recipes:



Scrambled Eggs with  
Cottage Cheese



Apple  
Chips



Grilled  
Cheese



Honey Nut  
Cereal Bars

## Helpful How-to's:



How to Make Granola



How to Cut a Kiwi



How to Cut a Melon



How to Make Fruit Leather

# (Ages 6-10) Little Kids Lunch Box Ideas

By now, you've gotten a handle on what your child likes and doesn't like in their bento box. You can still add new foods for them to try to keep them exploring with food. The larger compartments of this bento box let you add a little more for growing tummies. Pinwheels are one of my favorite lunch box ideas for this age and any fruit can be swapped out for your child's favorite!

## Box 1



## Box 2



# (Ages 6-10) Little Kids Lunch Box Ideas

Box 3



Box 4



# (Ages 6-10) Little Kids Lunch Box Ideas

Here are more recipes and how to's to make your lunch box preparations easier this back to school season.

## More Recipes:



[Southwest Breakfast Burrito](#)



[DIY Pizza Lunchable](#)

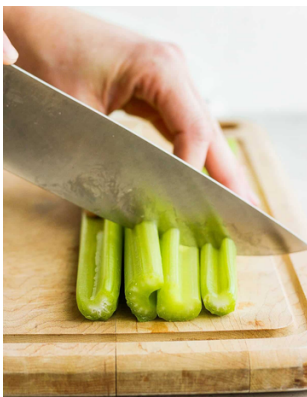


[Chickpea Bites Bento Box](#)

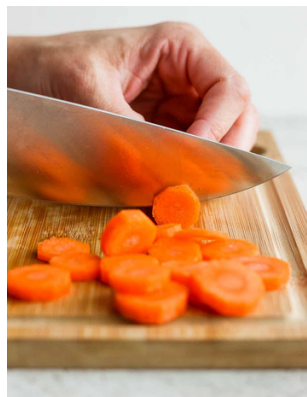


[Air Fryer French Toast](#)

## Helpful How-to's:



[How to Cut Celery](#)



[How to Cut Carrots](#)



[How to Cut Broccoli](#)



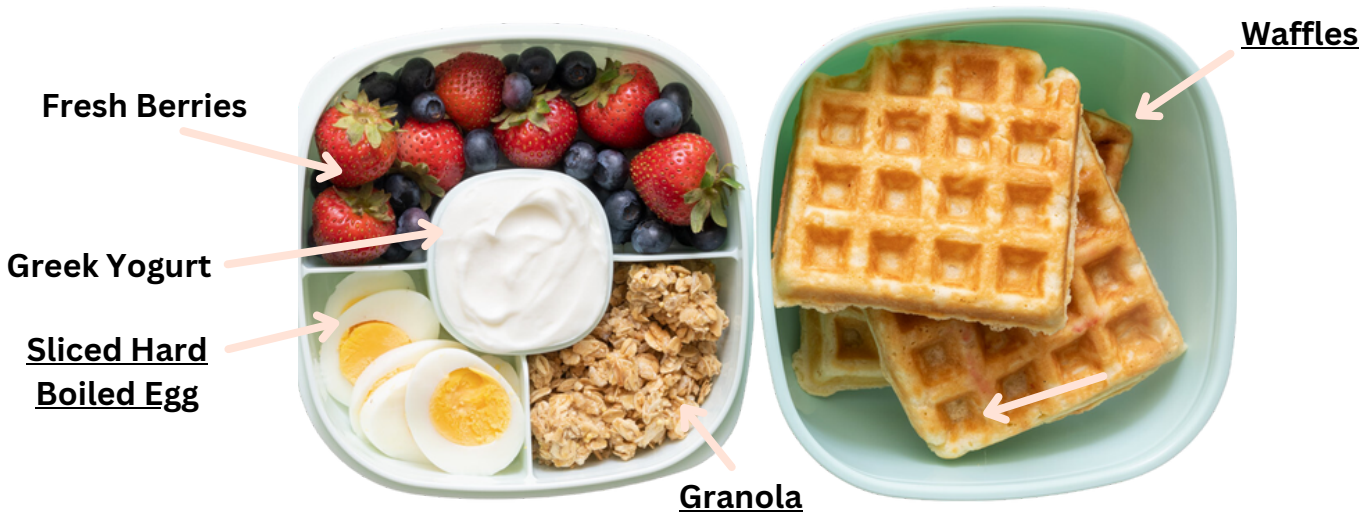
[How to Cut an Orange](#)

# (Ages 9-15) Big Kids

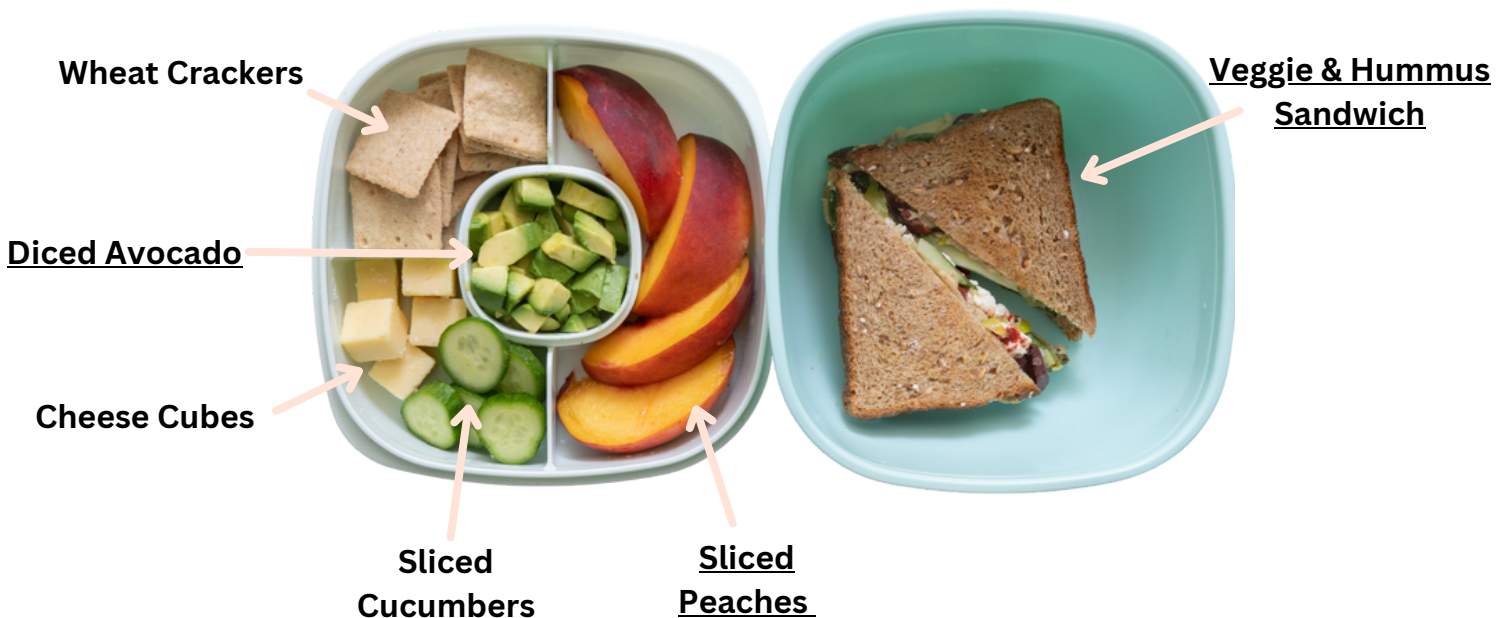
## Lunch Box Ideas

As children grow, their appetite tends to increase and they may crave more filling meals during lunch time. Stackable bento boxes are a great solution. They offer a section for a main dish, such as pasta salads, sandwiches, or quesadillas, along with extra room for sides like fresh fruits, vegetables, dips, and cheeses.

### Box 1



### Box 2



# (Ages 9-15) Big Kids Lunch Box Ideas

## Box 3



## Box 4



# (Ages 9-15) Big Kids

## More Ideas

Here are more ideas and helpful recipes and how to's to make it easier.

### More Recipes:



[Italian Pasta Salad](#)



[Chickpea 'Tuna' Salad](#)



[Peanut Butter Cookies](#)



[Banana Bread Muffins](#)

### Helpful How-to's:



[How to Make Zucchini Noodles](#)



[How to Make Salsa](#)



[How to Boil Eggs](#)



[How to Make Salad Dressing](#)



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