Blueberry Pancake Muffins  PREP TIME: 15 MIN
Pour leftover pancake batter from breakfast into muffin tins, add a tbsp. of blueberries and bake at 350 degrees for 10 minutes or until golden brown (can be baked the night before). Include fresh fruit and a small container of maple syrup for dipping!

Mediterranean Plate  PREP TIME: 10 MIN
Make your own hummus for a terrific source of protein. Combine chickpeas, garlic, olive oil, and lemon in a food processor. Pack with carrot sticks and pita bread cut in shapes for a delicious lunch.

Rice Ball Pops  PREP TIME: 10 MIN
Roll leftover rice with cooked low-fat ground beef or chicken and sautéed minced veggies. Form into 1” balls. Combine with a tasty dipping sauce and put pretzels in each one to grab and dip easily!

Grilled Chicken Wrap  PREP TIME: 10 MIN
Use leftover chicken breast from dinner and add to a whole wheat tortilla with thin layer of pesto, matchstick carrots, and shredded cheese. Round out lunch with a side of yogurt and fruit.

Cucumber Avocado Sandwich  PREP TIME: 10 MIN
Go the non-traditional route and spread cream cheese on whole grain bread, then add cucumber and avocado slices for a nutritious spin on a classic lunch sandwich.

Chicken Salad Cracker Bites  PREP TIME: 12 MIN
Use breast meat from a rotisserie chicken and shred. Halve 10 seedless grapes and dice two stems of celery sticks. Take non-fat, plain Greek yogurt and mix together along with crushed pecans. Spread across crackers for a tasty bite packed with protein.

Lunch Pack  PREP TIME: 12 MIN
Kids LOVE variety! Create a healthier version of a traditional lunch pack with an apple, nut butter, and granola “sandwich.” Also include pretzel stick skewers with turkey and cheese.

Sushi Sandwich  PREP TIME: 8 MIN
Make an easy tortilla “sushi” wrap by adding turkey, matchstick carrots, ranch dressing, cream cheese, and mozzarella cheese to a spinach tortilla. Roll up and cut into slices so it looks like sushi!

Cucumber Roll Up  PREP TIME: 10 MIN
Using a mandolin (or vegetable peeler), cut cucumbers into long thin strips, wrap turkey, cheese, and diced veggies of your choice. Add mayo and roll them up! Serve with watermelon cut into “fingers” and a tangy yogurt dip.

Chickpea Nuggets  PREP TIME: 20 MIN
Roll your homemade (or store-bought) hummus into dippable and delicious chickpea nuggets. Combine hummus with breadcrumbs and bake at 350 degrees for 15-20 minutes. Don’t forget dipping sauce like blue cheese, bbq, or honey mustard!

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