



## Kid-Friendly Lunchbox Challenge

Created by WBW by Kendra



# Kid-Friendly Lunchbox Challenge

5 days

	Mon	Tue	Wed	Thu	Fri
Snack 1	Cucumber, Blackberries & Hummus Snack Box	Grapes & Cheese Snack Box	Grape & Cheese Skewers	Celery with Sunflower Seed Butter & Raisins	Crackers, Cheese & Tomatoes
Lunch	Guacamole Rollups	Pepperoni Pizza Skewers	Turkey Pita & Veggies Box	Mini Pita Pizza & Clementine Box	Turkey Guacamole Wrap

# Kid-Friendly Lunchbox Challenge

29 items

## Fruits

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- 1 Avocado
- 1/2 cup Blackberries
- 1 Clementines
- 1 1/8 cups Grapes
- 1/4 Lime
- 1/2 tsp Lime Juice

## Seeds, Nuts & Spices

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- 1/4 tsp Cinnamon
- 1/8 tsp Sea Salt

## Vegetables

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- 1/2 cup Baby Carrots
- 1 Carrot
- 5 1/2 stalks Celery
- 1/3 cup Cherry Tomatoes
- 1 tbsp Cilantro
- 1/4 Cucumber
- 1 1/2 tbsps Red Onion
- 1/3 Tomato

## Boxed & Canned

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- 1/4 cup Marinara Sauce
- 1 1/16 ozs Seed Crackers

## Baking

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- 2 tbsps Raisins

## Bread, Fish, Meat & Cheese

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- 10 1/16 ozs Cheddar Cheese
- 3 1/2 ozs Mini Whole Wheat Pita
- 2 ozs Mozzarella Cheese
- 3 1/16 ozs Pepperoni
- 5 1/4 ozs Sliced Turkey Breast
- 2 Whole Wheat Tortilla

## Condiments & Oils

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- 1/4 cup Sunflower Seed Butter
- 2 tbsps Tomato Sauce

## Cold

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- 1/2 cup Hummus

## Other

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- 2 Barbecue Skewers

# Cucumber, Blackberries & Hummus Snack Box

3 ingredients · 5 minutes · 1 serving



## Directions

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1. Arrange the cucumber, blackberries and hummus into a container. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### No Blackberries

Use other berries like strawberries, raspberries, or blueberries.

## Ingredients

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1/4 Cucumber (medium, sliced)

1/2 cup Blackberries

1/4 cup Hummus

# Grapes & Cheese Snack Box

5 ingredients · 5 minutes · 1 serving



## Directions

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1. Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Make it Vegan/Dairy-Free

Use a dairy-free cheese.

## Ingredients

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- 1/2 cup Baby Carrots
- 1/2 cup Grapes
- 3 stalks Celery (chopped)
- 2 tbsps Sunflower Seed Butter
- 1 oz Cheddar Cheese (sliced)

# Grape & Cheese Skewers

2 ingredients · 5 minutes · 2 servings



## Directions

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1. Thread the grapes and cheddar cheese onto the toothpicks. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is equal to approximately three skewers.

### More Flavor

Add an olive.

## Ingredients

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**2/3 cup** Grapes

**4 ozs** Cheddar Cheese (cubed)

# Celery with Sunflower Seed Butter & Raisins

4 ingredients · 5 minutes · 1 serving



## Directions

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1. Spread the sunflower seed butter on the celery sticks, then add the raisins. Sprinkle with cinnamon and enjoy!

## Notes

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### Leftovers

Best enjoyed immediately, but can be refrigerated in an airtight container for up to three days.

### Additional Toppings

Chocolate chips or cacao nibs.

## Ingredients

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**2 tbsps** Sunflower Seed Butter

**2 stalks** Celery (halved)

**2 tbsps** Raisins

**1/4 tsp** Cinnamon

# Crackers, Cheese & Tomatoes

3 ingredients · 5 minutes · 1 serving



## Directions

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1. Add all ingredients to a plate and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days. Store the crackers separately in an airtight container.

### Serving Size

One serving is approximately one cup.

### Make it Vegan

Use a dairy-free cheese.

## Ingredients

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- 1 1/16 ozs Seed Crackers
- 1/2 oz Cheddar Cheese (sliced)
- 1/3 cup Cherry Tomatoes



# Guacamole Rollups

6 ingredients · 10 minutes · 1 serving



## Directions

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1. In a bowl, combine the avocado, cilantro, lime juice, salt, and tomatoes. Spread onto each tortilla and roll tightly into wraps. Slice into quarters and enjoy!

## Notes

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### Leftovers

For best results, assemble the wrap just before eating.

### Serving Size

One serving is one full tortilla.

### More Flavor

Add red onions and minced garlic.

## Ingredients

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- 1/2 Avocado (mashed)
- 1 **tbsp** Cilantro (finely chopped)
- 1/2 **tsp** Lime Juice (to taste)
- 1/16 **tsp** Sea Salt (to taste)
- 1/4 Tomato (small, diced)
- 1 Whole Wheat Tortilla (large)

# Pepperoni Pizza Skewers

5 ingredients · 10 minutes · 1 serving



## Directions

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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

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### 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

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

# Turkey Pita & Veggies Box

6 ingredients · 10 minutes · 1 serving



## Directions

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1. Cut the pita in half and stuff each half with cheese and turkey. Add the stuffed pita halves to a sectioned container, if using.
2. On the other side of the container, add the hummus to the corner and place the carrots and celery on top. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Add mustard or mayonnaise.

### Additional Toppings

Add cucumber, bell peppers, baby spinach, and/or lettuce.

### Gluten-Free

Use a gluten-free pita.

### Dairy-Free

Use dairy-free cheese.

### Mini Whole Wheat Pita

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

## Ingredients

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- 1 oz Mini Whole Wheat Pita
- 1 1/2 ozs Cheddar Cheese (sliced)
- 2 ozs Sliced Turkey Breast
- 3 tbsps Hummus
- 1 Carrot (small, cut into sticks)
- 1/2 stalk Celery (cut into sticks)

# Mini Pita Pizza & Clementine Box

5 ingredients · 25 minutes · 1 serving



## Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Place each pita onto the baking sheet and divide the tomato sauce between each pita. Add some cheese to each followed by the pepperoni slices. Top each with the remaining cheese.
3. Bake for 10 to 15 minutes or until the cheese has melted. Let the mini pizzas cool for five minutes before cutting them in half.
4. Add to a sectioned container, if using, and add the clementines on the side. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days. Let the mini pizzas cool completely before refrigerating.

### Serving Size

One serving is one mini pita pizza and one clementine.

### Make it Vegan

Use plant-based cheese and your choice of toppings.

### More Flavor

Add Italian seasoning to the tomato sauce.

### Gluten-Free

Use a gluten-free pita.

### Mini Whole Wheat Pita

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

## Ingredients

- 2 ozs Mini Whole Wheat Pita
- 2 tbsps Tomato Sauce
- 2 ozs Mozzarella Cheese (shredded)
- 1 1/16 ozs Pepperoni (sliced)
- 1 Clementines (peeled, sectioned)

# Turkey Guacamole Wrap

8 ingredients · 15 minutes · 1 serving



## Directions

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1. In a bowl, add the avocado, lime juice, and salt. Mash with a fork. Stir in the onion and tomato.
2. Divide the guacamole, turkey, and cheese evenly between the tortillas. Roll it into a wrap and enjoy!

## Notes

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### Leftovers

Best enjoyed fresh.

### Serving Size

One serving is one wrap.

### No Sliced Turkey

Use sliced chicken, beef, or ham.

### More Flavor

Add vegetables like lettuce, peppers and/or cucumber. Add garlic and cilantro to the guacamole.

## Ingredients

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- 1/2 Avocado (medium)
- 1/4 Lime (juiced)
- 1/8 tsp Sea Salt
- 1 1/2 tbsps Red Onion (finely chopped)
- 1/8 Tomato (chopped)
- 3 1/4 ozs Sliced Turkey Breast
- 1 1/16 ozs Cheddar Cheese (sliced)
- 1 Whole Wheat Tortilla