**Sandwich Fillings**

- Bread
- Avocado
- Cheese
- Guacamole
- Cucumber
- Lettuce
- Salmon
- Spinach
- Tomatoes
- Pesto
- Tuna
- Peanut Butter
- Chicken
- Bologna
- Banana cut-up

**Non-Sandwich Mains**

- Ants on a log (raisins, peanut butter, & celery)
- Canned black beans with a little grated cheese
- Crackers and deli ham or turkey
- Guacamole with veggies to dip
- Hummus with veggies and crackers to dip
- Cheese
- Cottage Cheese
- Extra firm Tofu
- Hard-boiled egg
- Bagel
- Pita
- Flatbread
- Tortilla
Leftovers make good lunches

- Quesadilla
- Pasta
- Chicken satay
- Homemade chicken nuggets
- Casserole
- Pasta & veggies
- Greek salad
- Pizza
- Lentil salad
- Grain-based salads
- Tabouleh
- Chopped salad
- Cobb salad
- Salad nicoise
- Beans and rice
- Bean-based salads
- Veggie fried rice
- 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.