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Healthy Kids Lunch Boxes Recipes by [Sherleen](#)

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Packing kids lunch box is tricky. Your kids will be happy with a lunch box full of cupcakes, peanut butter and no vegetables whereas you will be happy packing an apple, some vegetables, a whole wheat sandwich and maybe some milk. So at the end it is either fun (if you agree to your kids demands) or nutritious, but does it always have to be so?

The answer is no, your kids lunch boxes can be fun as well as nutritious and I am not talking about those unhealthy prepackaged lunch boxes, full of fat and salt. The best way to make your kids lunch boxes fun and wholesome is to prepare something at home, something like mini-pizzas. Just get some round crackers, add a slice of pepperoni sprinkle some grated cheese and a dab of ketchup and your mini-pizza is ready- wholesome, nutritious and fun lunch for your kids. There are also a lot of other kids lunch boxes recipes that you can try which are nutritious and fun, such as:

• Ham, pineapple and cheese pizza scrolls

• Potato, corn and tuna patties

• Chicken, carrot and instant noodle salad

• Chicken and corn wraps

• Sesame Noodles

Remember a lot of kids dislike their lunch not just because of the taste but because of how the food looks. It is a common child psychology so if you just pack a banana they will probably just throw it in the garbage can and simply lie about it. The only way to prevent it is to be a little bit creative; rather than giving a whole fruit, try giving your kids fruit salad or fruit and cheese kebabs on wooden or plastic skewers. Put in a few pieces of apples, grapes, cheese cubes, cantaloupe chunks and marshmallows on wooden skewers and you will be amazed to see how much your kids love it. A little bit of creativity in packing kids lunch boxes can go a long way in improving your kids health so don't be afraid to try new recipes.

Preparing kids lunch boxes is easier said than done, especially when one-third of your child's entire food intake for the day is taken at school.

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You need to make sure that your child gets adequate amount of proteins, vitamins and other much needed nutrients through his lunch. Usually most moms give up on the contents of a [kids lunch boxes](#) when it comes to facing their child but don't do it. Have patience, be a little bit creative and I am sure that with some practice you will come to enjoy cooking something new every day for your

child.

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