

12 Healthy new lunch products for back to school



Stock the fridge with these healthy (and yummy) lunch options for back to school

It's that time of year again, and this time around, #BackToSchool is bigger and better than ever. With over 1.6 million posts on Instagram using the #BackToSchool hashtag, this time of year brings with it both excitement and chaos. Getting school supplies is one thing, but packing up lunch for your kiddos for the next 300 days, that's another! Well, have no fear. I have scoured the store shelves and have rounded up 12 new back-to-school healthy lunchbox and snack food finds!

12. Non-dairy delight



Yogurt is a staple in most households, and the preference for Greek yogurt is quite high due to its creamy and thick texture. But what happens when your little one is lactose intolerant and is on a dairy-free diet? While there are other options like coconut or almond based yogurts, they do not shine in terms of protein. Check your labels folks... 1 sweet little gram. I am not going to mention the sugar in the fruit-flavored ones simply because it's just too much imbalance as the protein is virtually non-existent. With that said, there are new proteins making their way to the market and there is a strong shift towards plant-based proteins. Pea protein is amongst the most popular. When I heard about the [Daiya Greek Style yogurt](#) made with pea protein, I was excited. Not only does it contain 10 percent more calcium than popular dairy Greek style yogurts that dominate the market, it also contains 10 percent of your daily value of iron as opposed to zero percent in the popular dairy based options. Daiya's Greek Style Yogurt comes in four delicious varieties too (Peach, Black Cherry, Blueberry and Strawberry), so your kiddos are sure to find a flavor they love!

1. Pizza please



2. The better-for-you bread



3. Easy to prepare pasta!



4. Super Squeeze to the rescue



5. Peanut butter puffs



6. Bean boost



7. Popped to perfection



8. Dip and scoop



9. Family and freezer friendly



10. Cocoa crunch



11. Meat matters



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<http://www.sheknows.com/food-and-recipes/articles/1092199/healthy-new-lunch-products-for-back-to-school>