

# lunch box ideas

MAIN COURSES	FRUITS	VEGETABLES	SIDES & SNACKS
<b>COLD</b>	<b>FRESH</b>		<b>COLD</b>
deli meat & cheese (sandwich, wrap) chicken or tuna salad (sandwich, pita) hummus & veggie wrap nut butter & banana wrap mini bagel with ham & cheese pita with ham, cheddar, & white beans ham, cheese, & egg muffin hard-boiled egg cheese & pepperoni with crackers cherry tomato, mozzarella, & basil toothpick skewers mini meatballs, mozzarella balls, marinara sauce, leftover garlic bread tortilla with taco-seasoned cream cheese & rotisserie chicken, rolled and sliced black beans & rice sliced chicken sausage	apple or apple slices banana blueberries cantaloupe clementine grapes kiwi slices mango slices orange slices pineapple chunks raspberries strawberries watermelon	bell pepper strips broccoli carrot sticks or baby carrots celery cherry tomatoes cucumber slices pickles salad (arugula, mixed greens, spinach) snap peas	Babybel cheese cheese stick or slices cottage cheese cups Laughing Cow cheese wedge yogurt cup or tube
<b>WARM / THERMOS</b>	<b>SHELF-STABLE</b>	<b>DIPS</b>	<b>SHELF-STABLE</b>
chili or soup chicken nuggets leftovers from dinner mac 'n cheese ravioli with sauce tomato soup	applesauce cup or pouch canned fruit / fruit cups	cream cheese guacamole (single serve cups) hummus peanut butter Nutella salad dressing sour cream	almonds, cashews, walnuts crackers Goldfish granola bars peanut butter crackers (or alternative) pita chips popcorn pretzels rice cakes trail mix
<b>FULL MENU IDEAS</b>			

- YOGURT PARFAIT** — yogurt, granola, nuts, berries, coconut chips, cherry tomatoes, cracker or muffin
- CHEESE PLATTER** — cheese, apple slices, grapes, pretzels or crackers, roasted & salted almonds, baby carrots
- PROTEIN BOX 1** — ham, roast beef, cheese, hard boiled egg, cashews or almonds, fruit, vegetable
- PROTEIN BOX 2** — hard boiled egg, carrot sticks, celery sticks, cheese, nut butter, apple, mini pita bread
- 'MUST GET TO THE GROCERY STORE' EMERGENCY BOX** — pretzel sticks, applesauce cup, granola bar, fruit cup, cheese stick
- DECONSTRUCTED PIZZA** — pepperoni, cheese chunks or mini mozzarella balls, olives, cherry tomatoes, crackers, fruit
- ANTS ON A LOG** — nut butter, cream cheese, dried fruit (raisins, cranberries), roasted nuts, celery sticks, fruit
- MAKE-YOUR-OWN LUNCHABLE (CLASSIC)** — crackers, cheese, rolled up deli meat, grapes, carrots, m&m's
- HUMMUS DIPPING BOX** — hummus (or guacamole) cup, carrot sticks, cucumber, celery, pita chips, fruit

