

Lunch box ideas

MAIN COURSES

COLD

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

WARM / THERMOS

chili or soup
chicken nuggets
leftovers from dinner
mac 'n cheese
ravioli with sauce
tomato soup

FRUITS

FRESH

apple or apple slices
banana
blueberries
cantaloupe
clementine
grapes
kiwi slices
mango slices
orange slices
pineapple chunks
raspberries
strawberries
watermelon

SHELF-STABLE

applesauce cup or pouch
canned fruit / fruit cups

VEGETABLES

bell pepper strips
broccoli
carrot sticks or baby carrots
celery
cherry tomatoes
cucumber slices
pickles
salad (arugula, mixed greens, spinach)
snap peas

DIPS

cream cheese
guacamole (single serve cups)
hummus
peanut butter
Nutella
salad dressing
sour cream

SIDES & SNACKS

COLD

Babybel cheese
cheese stick or slices
cottage cheese cups
Laughing Cow cheese wedge
yogurt cup or tube

SHELF-STABLE

almonds, cashews, walnuts
crackers
Goldfish
granola bars
peanut butter crackers (or alternative)
pita chips
popcorn
pretzels
rice cakes
trail mix

FULL MENU IDEAS

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

