



# LUNCH BOX IDEAS

## Carbs

- Sandwiches on bagels, bread or buns
- Crackers—wheat thins, goldfish, graham crackers
- Tortillas—make wraps or quesadillas
- Mini rice cakes
- Homemade breads—zucchini, banana
- Waffles
- Silver dollar pancakes
- Dry cereal
- Granola or cereal bars
- Pretzels
- Cold pasta salad



## Dairy

- Cheese cut into shapes, string cheese
- Cream cheese & jam sandwiches
- Yogurt, yogurt tubes/drinks—can freeze them
- Smoothies—can freeze them

## Meats/Proteins

- Lunchmeat roll-ups or sandwiches
- Cold rotisserie chicken
- Hard boiled eggs
- Chicken or beef quesadillas
- Hummus with veggie dippers
- Peanut butter alternatives



## Fruits/Veggies

- Strawberries
- Raspberries
- Blueberries
- Blackberries
- Cherries
- Cantaloupe
- Watermelon
- Honeydew melon
- Pineapple
- Dragon fruit
- Kiwi
- Grapes (red or green)
- Oranges (peel or slice)
- Bananas
- Apples
- Pears
- Peaches/nectarines
- Plums
- Unsweetened applesauce
- Raisins/craisins/dried fruits
- Fruit leather
- Baby carrots
- Grape/cherry tomatoes
- Cucumbers
- Celery
- Sugar snap peas

