



Linda's Lunch Box Ideas



Mix and Match from below

Carbs/High fiber Grains

- Triscuits, Wheat Thins or Ak-Mak Crackers
- whole wheat pita
- whole wheat bread
- whole grain tortilla wraps or chips
- soba or buckwheat noodles
- high fiber or multigrain pasta
- whole or multigrain pizza crust
- Newman's Own Pretzels, high protein

Protein Foods

- hard boiled eggs, quiche
- egg or chicken salad
- black or white beans, lentils, chickpeas, edamame
- sautéed or baked tofu, chicken, turkey, meat
- smoked salmon
- peanut or sun butter

Fruits

- apple, banana or pear slices (dipped in lemon or pineapple juice to prevent browning)
- berries: strawberries, blueberries, raspberries, blackberries
- cut up grapes
- watermelon, cantaloupe, honeydew, mango, papaya, pineapple, kiwi
- applesauce, no sugar added
- cut up orange, clementine, grapefruit slices
- dried fruits: apricots, raisins, prunes, dates, figs

Veggies

- carrots or celery sticks
- grated carrots or beets
- sugar snap peas
- red, yellow, orange bell pepper strips
- cucumber slices or sticks
- cut up grape tomatoes
- steamed or blanched green beans, broccoli, or cauliflower
- roasted vegetables
- kale chips
- parsnips or sweet potato fries
- sliced jicama
- marinated veggie salad

Dairy

- milk: whole or reduced fat
- cream cheese, cheddar, swiss, gouda, string, or grated cheese
- Laughing Cow or Babybel cheese
- cottage or ricotta cheese
- Greek or plain yogurt

Condiments/Add ons

- salsa
- hummus or guacamole
- salad dressing
- olives, pickles
- pesto
- ketchup/mustard
- soy/sesame oil dipping sauce
- fruit spread

Treats

- graham crackers
- dark chocolate chips



Lunch Box Fun

Storage Containers

Easy Lunch Boxes:
easylunchboxes.com



**Lap Top Lunches
Bento Jars:**
laptoplunches.com



**Japanese bento box elastic
silicone bands, and Bento cool
pack:**
laptoplunches.com

LunchBots:
lunchbots.com



Silicone Baking cups
amazon.com



Great Idea!
silicone bands keep wraps
together for little fingers.

