

# EASY LUNCHBOX IDEAS

## MAIN DISHES

- .....  
sunflower butter and jam
- .....  
turkey/deli roll ups
- .....  
cream cheese/jam roll ups
- .....  
labne and cucumbers on toast
- .....  
hummus and crackers or pita bread
- .....  
guacamole and tortilla chips
- .....  
bagel and cream cheese
- .....  
english muffin with butter
- .....  
savory muffins
- .....  
yogurt parfaits with fruit and granola
- .....  
overnight oats with chia seeds and fruit
- .....  
pancakes/waffles with honey or syrup
- .....  
burrito wrap
- .....
- .....
- .....

## FRUITS

- .....  
bananas
- .....  
chopped watermelon
- .....  
chopped cantaloupe
- .....  
chopped honeydew
- .....  
sliced apples
- .....  
sliced peaches
- .....  
chopped grapes
- .....  
chopped kiwi
- .....  
chopped pineapple
- .....  
strawberries
- .....  
blueberries
- .....  
raspberries
- .....
- .....
- .....

## VEGETABLES

- .....  
carrots sticks or baby carrots
- .....  
celery sticks
- .....  
broccoli and cauliflower florets
- .....  
sugar snap peas
- .....  
cucumber slices or sticks
- .....  
sliced bell peppers
- .....
- .....
- .....
- .....
- .....
- .....
- .....

## SNACKS

- .....  
crackers
- .....  
vegetable or potato chips
- .....  
popcorn
- .....  
pretzels
- .....  
cookies
- .....  
applesauce
- .....  
fruit strips
- .....  
granola bars
- .....  
chickpea chips and snacks
- .....  
dried fruit (dates, apricots, plums)
- .....  
yogurt pouches
- .....  
string cheese and cheese cubes
- .....  
sunflower protein cereal