



LUNCH BOX IDEAS

Carbs

- sandwiches - on bagels, bread or buns
- crackers - wheat thins, goldfish
- graham crackers
- tortillas - make wraps or quesadillas
- mini rice cakes
- mini muffins
- homemade breads - banana, zucchini
- waffles
- silver dollar pancakes
- dry cereal
- granola or cereal bars
- english muffin pizzas
- pretzels
- cold pasta salad

Dairy

- cheese - cut into shapes
- cheesesticks
- cream cheese and jam sandwiches
- yogurt
- yogurt tubes/drinks - freeze them
- smoothies - freeze them

Meats/Proteins

- lunch meat roll-ups
- cold rotisserie chicken
- hard-boiled eggs
- lunch-meat sandwiches
- chicken or beef quesadillas
- hummus with veg dippers
- peanut butter alternative

Fruits/Veggies

- strawberries
- raspberries
- blueberries
- blackberries
- cherries
- cantaloupe
- watermelon
- honeydew melon
- pineapple
- dragonfruit
- kiwi
- grapes - red or green
- oranges - peel first
- banana - slice or peel first
- apples
- pears
- peaches/nectarines
- plums
- unsweetened applesauce
- raisins/craisins
- dried fruits
- fruit leather
- baby carrots
- baby tomatoes
- cucumber
- celery
- sugar snap peas
- steamed broccoli
- steamed green beans
- pickles
- frozen peas/corn



Of Whats For Lunch My Very Own

Michal Rosen-Zvi



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