



# Lunch Box Ideas



## for kids

### MAIN MEAL IDEAS!

- Sandwich with peanut butter and jelly
- Lunch Meat
- Sandwich with Lunch Meat
- Pita Bread + Hummus
- Turkey & Cheese Roll Ups
- Meat & Cheese Kabob
- Turkey and Cheese Wrap

### SIDES + SNACK IDEAS!

- Cheese
- Granola bar
- Goldfish
- Fruit Snacks
- String cheese
- Pretzels
- Mini crackers with cheese
- Hard Boiled Eggs
- Chips
- Yogurt
- Trail Mix
- Fruit Leather
- Popcorn
- Crackers
- Chips and Salsa
- Fruit Cup

### DESSERT IDEAS!

- Circus animal crackers
- Dried apple chips
- Mini Oreo Cookies
- Pudding Cup
- Graham Crackers
- Cookies
- Rice Krispies Treats

### FRUIT IDEAS!

- Banana
- Watermelon
- Strawberries
- Blueberries
- Grapes
- Dried apple chips
- Orange slices
- Clementines
- Raspberries
- Melon
- Applesauce
- Mangoes

### VEGETABLE IDEAS!

- Sliced Mini Cucumbers
- Cherry Tomatoes
- Mini Carrots
- Broccoli Florets
- Snap Peas

### DRINK IDEAS!

- Water Bottles
- 100% Juice Boxes
- Capri Suns
- Bolthouse Smoothies
- Milk – My kids grab it from school!