

Lunch Box Ideas

Mix and match items from each category for a wholesome, easy, balanced lunch

Protein

- Deli Meat
- Grilled Chicken
- Nuts
- Yogurt
- Quinoa
- Milk
- Cheese
- Hard Boiled Egg
- Quinoa
- Beans
- Cottage Cheese
- Tuna

Grains

- Crackers
- Popcorn
- Muffins
- Bread
- Pasta
- English Muffin
- Tortillas
- Rice
- Pizza
- Pita Bread
- Quinoa
- Pretzels

Fruits/Veggies

- Apple
- Strawberries
- Carrots
- Grapes
- Berries
- Cucumbers
- Melon
- Baby Tomatoes
- Applesauce
- Salad
- Pepper Slices
- Bananas