

Lunch Box Ideas

Mix and match items from each category to create a balanced lunch.

Protein

- Deli Meat
- Grilled Chicken
- Nuts/Nut Butter
- Yogurt
- Quinoa
- Milk
- Cheese
- Hard Boiled Egg
- Edamame
- Beans
- Cottage Cheese
- Tuna
- Hummus
- Chickpeas
- Lentils

Grains

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

Veggies

- Salad
- Bell Peppers
- Celery
- Carrots
- Snap Peas
- Tomatoes
- Cucumbers
- Cauliflower
- Broccoli

Fruit

- Apple
- Berries
- Raisins
- Grapes
- Banana
- Kiwi
- Melon
- Applesauce
- Orange
- Avocado
- Peaches
- Pears