

## SCHOOL LUNCHBOX IDEAS LIST

Put together a simple, fabulous lunch by mixing together ideas from each of the 3 categories!

### GRAINS

- ☐ Whole Wheat Tortillas
- ☐ Potato Chips
- ☐ Homemade Baked Oatmeal
- ☐ French Toast Sticks
- ☐ Popcorn
- ☐ DIY Uncrustables
- ☐ Whole Wheat Sub Sandwiches
- ☐ Pita Pockets with PB, Banana, Honey
- ☐ Corndog Muffins
- ☐ Bagel with Cream Cheese or PB
- ☐ Pita Chips
- ☐ Whole Wheat Muffins
- ☐ Pretzels
- ☐ Popcorn
- ☐ Whole Wheat Waffles
- ☐ Pizza Pockets
- ☐ PB Sushi
- ☐ Eng Muffin with PB/Honey
- ☐ Naan/Flatbread with Dipping Sauce
- ☐ Wheat Thins
- ☐ Pasta with Marinara
- ☐ Whole Wheat Sandwich
- ☐ Homemade Granola Bar
- ☐ Homemade Mac n Cheese
- ☐ Whole Wheat Pancakes
- ☐ Fig Newtons
- ☐ Puzzle Sandwich
- ☐ Cheese Quesadilla
- ☐ Tostadas with refried beans/cheese
- ☐ Triscuits
- ☐ Quinoa with Dressing



### PROTEIN

- ☐ Hard boiled egg
- ☐ Ham and cheese kebabs
- ☐ Cottage cheese
- ☐ Leftover tacos
- ☐ Sliders
- ☐ Corndog muffins
- ☐ Hummus
- ☐ BLT sliders
- ☐ Grilled Chicken
- ☐ Peanut butter with apples, celery
- ☐ Turkey rollups
- ☐ Cheese sticks
- ☐ Cheese wedges or circles
- ☐ Tuna
- ☐ Roast beef
- ☐ Leftover fajitas
- ☐ Refried beans
- ☐ Leftover Sloppy Joes
- ☐ Grilled chicken strips
- ☐ Leftover spaghetti
- ☐ Plain yogurt with fruit or granola
- ☐ Cheese slices
- ☐ Tiny Tacos
- ☐ Trail mix - sunflower, pumpkin, raisins, choc
- ☐ Rice & beans 'salad'
- ☐ Energy bites



### FRUITS/VEGGIES

- ☐ Banana
- ☐ Peaches
- ☐ Grapes
- ☐ Raspberries
- ☐ Raisins
- ☐ Sugar Snap peas
- ☐ Corn-Black Bean Salsa
- ☐ Pickles
- ☐ Applesauce
- ☐ Cole Slaw
- ☐ Honeydew Melon
- ☐ Apples
- ☐ Nectarine
- ☐ Strawberries
- ☐ Baby Carrots
- ☐ Craisins
- ☐ Mango
- ☐ Cantaloupe
- ☐ Cucumber slices
- ☐ Orange/Red Pepper
- ☐ Spinach/Dressing
- ☐ Avocado
- ☐ Orange Slices
- ☐ Plums
- ☐ Blueberries
- ☐ Celery
- ☐ Sweet peas
- ☐ Kiwi
- ☐ Watermelon
- ☐ Pineapple
- ☐ Mandarin Orange Slices
- ☐ Papaya

