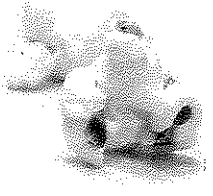


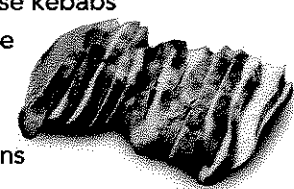
# SCHOOL LUNCHBOX IDEAS LIST

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
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## 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
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## 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
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