

LUNCHBOX IDEAS

Sandwich Ideas and Variations

- Pinwheel sandwiches- (flatten bread with a rolling pin, top with your choice of PB&J, cheese, lunchmeats, hummus etc.. Roll up and slice into bite size pieces)
- Tortilla Wraps- cheese, beans, lunchmeat, cheese etc..
- Mini Slider Buns (in lieu of sandwich bread)
- Pitas- with hummus and sliced cucumbers
- Tortilla Chips and salsa.
- Crackers with cheese or hummus- Babybel cheeses or string cheese are perfect.
- Quesadillas- mozzarella and pepperoni or plain cheese, cheese and beans and red peppers.
- Cold Pasta- orzo pasta is one of my favorites. My kids will eat grape tomatoes and chopped cheese with orzo.
- Mini pancakes with fresh fruit
- Homemade pizza (or leftovers)
- Breads or muffins- zucchini/ banana/ apple etc...
- Cream Cheese and cucumber or jam sandwich
- Pesto and Mozzarella Cheese sandwich
- Pimento Cheese Sandwich
- Hot Dogs or sausage- sliced and served with mini ketchup (we like Hebrew National)
- Rolled up lunchmeats with cheese
- Hard Boiled Eggs
- Roasted Chicken
- Sliced apple and cheddar sandwich (or peanut butter)
- Pretzel Crisps or Bagel Chips with spreads, cheeses, hummus etc...

Dairy

- Babybel Cheeses
- String Cheese
- Yogurt (freezing go-gurts or I find greek yogurt works perfectly in bento boxes. It is much thicker than regular yogurt.)

Other Fillers/Treats

- Pirate's Booty
- Cookies
- Fruit Snacks
- Popcorn
- Cereal Bars
- Crackers



Fruit

- Berries
- Strawberries
- Melons
- Sliced banana
- Grapes
- Apples (in baggies or sprinkle with lemon juice or pineapple juice to keep them from browning)
- Peeled oranges
- Mango
- Kiwi
- Fruit leather- (Stretch Island makes good ones)
- Applesauce or pureed fruits
- Frozen Smoothies

Veggies

- Carrots
- Celery
- Grape Tomatoes
- Broccoli
- Cucumber
- Corn
- Sliced Peppers
- Edamame