

## Lunch Packing Ideas:

### Main Dish:

- chicken kabobs (fake or real chicken)
- meatballs (fake or turkey) with pasta and sauce
- meatball kabobs (fake or turkey)
- cheese ravioli with sauce or plain
- pasta, with sauce packaged separately marinara or a white cream sauce
- pita sandwich
- sub sandwich
- peanut butter and jelly
- roll up sandwich on flatbread or tortilla
- soups (chicken noodles, potato, tomato, etc packed with bread)
- make your own tacos (keep fake or real meat in thermos package toppings like black beans separately with tortillas, taco shells, or tortilla chips)
- cheese and crackers (various types of crackers and cheeses)
- hard boiled eggs
- biscuit sandwiches or biscuits with jam (package jam separately)
- biscuit sandwich with eggs (kept in a thermos type container)
- grilled cheese wrapped in foil
- homemade mini pizzas wrapped in foil
- tuna and crackers
- tuna on toasted bread
- homemade burritos wrapped in foil
- breakfast burritos wrapped in foil
- mini bagels with cream cheese (package cream cheese separately)
- tofu cubes
- waffles or pancakes and pack a small container of maple syrup
- homemade fried rice with veggies
- cold pasta salad
- cold soba noodle salad
- Thai Summer Rolls
- mini quiche
- falafel
- taco layer salad with tortilla chips packaged separately

### Fruits and Veggies:

- mixed berries (strawberry, blackberry, and blueberries)
- fruit balls from melons
- citrus (oranges, tangerines, clementines, pineapple)
- grapes (try frozen grapes to act as ice pack)
- bananas
- raisins
- dried fruit
- freeze dried fruit
- fruit sauces (apple, berry etc.)
- raw carrots and celery
- edamame (freeze dried and steamed)
- big salad (with toppings and dressing packaged separately)
- mini corn on the cob
- cucumber or zucchini slices
- spinach raw
- olives
- cherry tomatoes

- whole green beans
- sugar snap peas
- sweet peppers

Crackers and Sides:

- graham crackers
- spreadable butters like sunflower, peanut, cookie, etc.
- yogurt with granola packaged separately
- cliff bars
- granola bars
- homemade fruit roll ups
- seeds and nuts (sunflower seeds, peanuts in shell, etc.)
- trail mix
- dry cereals
- pudding
- homemade muffins
- homemade savory muffins
- string cheese
- rice cakes
- crackers
- pita bread cut into small triangles
- mini scones
- mini croissants
- air popped popcorn
- homemade sweet breads like pumpkin, banana, zucchini
- goldfish crackers
- pretzels
- soft pretzels with mustard