

Wendolonia's Lunch Box Idea List

Carbs/Tummy Fillers

- whole grain crackers
- pretzel sticks
- mini-muffins
- goldfish crackers, cheddar bunnies or other snack crackers
- pretzel thins
- bagel chips
- mini-rice cakes or rice crackers
- cooked ball of rice
- leftover pasta
- granola bars
- banana bread, zucchini bread, or other quick breads
- cereal bars
- dry cereal
- mini-bagels
- hot dog buns, hamburger buns or dinner rolls
- garlic toast
- pita
- pancakes or toaster waffles

Proteins

- leftover meat from dinner
- chicken or turkey sausage
- deli meats -- turkey, ham, salami
- beans
- taquitos with salsa for dipping
- baked tofu
- hard boiled eggs
- quesadillas
- mini-burritos
- mini-pizzas -- top mini-pitas with sauce, cheese and pepperoni

Fruits

- apples slices or chunks (dip in pineapple juice to prevent browning)
- strawberries, blueberries, raspberries
- cherries
- grapes
- bananas
- melon chunks
- dried fruit
- canned peaches or pears applesauce
- pineapple chunks
- orange or clementine wedges

Veggies

- carrot sticks
- sugar snap peas
- red bell pepper strips
- cucumber slices
- celery sticks
- grape tomatoes
- steamed green beans
- steamed broccoli spears
- frozen peas
- frozen corn

Dairy

- yogurt
- cheese cubes
- cheese slices
- cottage cheese
- string cheese
- Laughing Cow or Babybel cheeses