

# ultimate list of Lunch Box Ideas

## Proteins

Boiled Eggs	Hot Dogs	Peanut Butter
Chicken (leftover)	Jerky	Pepperoni
Chicken Wings	Lunchmeat	Taco Meat
Deviled Eggs	(Bologna, Ham, Pastrami, Salami, Turkey, etc.)	Tuna
Ham	Meatballs	
Hamburger Patty		

## Fruits

Apple Slices	Cherries	Pears
Applesauce	Grapes	Pineapple
Apricots, dried	Honeydew	Plums
Avocado	Kiwi Slices	Pomegranate
Banana	Mango	Raisins/Craisins
Banana Chips	Orange Wedges	Raspberries
Blueberries	Papaya	Strawberries
Cantaloupe	Peaches	

## Dairy

Babybel or Laughing Cow Cheeses	
Cheese Cubes	Cottage Cheese
Cheese Slices	Yogurt
Cheese Stick	Yogurt tube

## Dips & Spreads

Butter	Ketchup	Salsa
Cream Cheese	Mustard	Sour Cream
Honey Mustard	Peanut/Almond Butter	Yogurt
Hummus	Ranch Dressing	

## Nuts

Almonds	Peanuts	Pumpkin Seeds
Cachews	Pistachios	Sunflower Seeds

## Carbs

Bagel Chips	Granola or Bar	Pretzel Sticks
Cereal Bar	Mini Bagel	Pretzel Thins
Chips (potato, apple)	Muffins	Rice
Crackers (Ritz, Saltine)	Naan Bread	Rice Cakes
Dinner Roll	Pancakes	Sandwich Bread
Dry Cereal	Pasta	Tortilla Chips
English Muffin	Pita	Veggie Chips/Straws
Garbanzo Beans	Popcorn	Waffles
Goldfish Crackers	Pretzel Roll	Whole Grain Crackers
Graham Crackers		

## Veggies

Baby Carrots	Cherry Tomatoes	Olives (green or black)
Bell Pepper Strips (red, orange, yellow, green)	Cucumber Slices	Peas
Broccoli (raw or steamed)	Edamame	Pickles
Cauliflower	Green Beans	Spinach/Salad
Celery Sticks	Lettuce/Salad	Sweet Potatoes
	Mushrooms	

## Treats

Brownie	Homemade Bars	Pudding
Cookies	M&Ms	Rice Krispy Treat
Fig Newtons	Marshmallows	Trail Mix
Fruit Leather	Puppy Chow	Yogurt Covered Raisins
Fruit Snacks		

## Beverages

Capri Sun	Lemonade	Sports Drink
Flavored Water	Milk	Water
Juice Box	Pouch Drink	