

100+ LUNCH BOX IDEAS



PROTEIN-RICH FOODS

- Turkey, roast beef, or ham rolled up
- Turkey, roast beef, or ham cut into squares for a DIY "Lunchable"
- Deli meat slices in lettuce wraps
- Cheese cubes or string cheese
- Hummus and pita
- Hard-boiled eggs
- Sushi
- Salami and cheese rolled up together
- Cottage cheese with fruit
- Yogurt
- Chicken salad with whole grain crackers
- Egg salad sandwiches
- Mini-quesadilla
- Tuna sandwiches
- Taco fixings (flour tortilla + cheese + tomatoes + meat + guacamole)
- Burritos
- Egg frittatas
- Nuts
- Leftover pork or rotisserie chicken
- Sun Butter on a tortilla
- Individual nut butter packets
- Cold pizza
- Peanut butter "burritos" (peanut butter on a tortilla, topped with fruit, and rolled like a burrito)
- Black bean dip
- Chicken nuggets
- Grilled cheese
- Quinoa salad

GRAINS

- Mini-bagels
- Pita pockets
- Whole grain crackers
- Cold soba noodle salad
- Cold pasta salad (bowtie pasta + veggies + Italian dressing)
- Mini-pancakes spread with nut butter
- Mini-pizzas (English muffin + pepperoni + cheese)
- Rice cakes
- French toast

ITEMS FOR THERMOS

- Spaghetti
- Chicken or vegetable soup
- Refried beans
- Mini-meatballs
- Homemade mac and cheese
- Lentils
- Chili
- Rice and beans
- Pesto pasta
- Lasagna
- Ravioli or tortellini
- Stir fry
- Oatmeal

FRUIT

- Grapes (fresh or frozen)
- Strawberries, raspberries, or blueberries
- Mandarin oranges
- Sliced oranges
- Pears (fresh or canned)
- Melon like cantaloupe and watermelon
- Frozen smoothies in squeeze pouches
- Applesauce pouches
- Dried fruit such as raisins
- Apple and peanut butter sandwiches
- Frozen fruit (thawed by lunchtime)
- Freeze-dried fruit
- Fruit leather

SAVORY SNACKS

- Pita chips
- Chips and salsa
- Pretzels
- Seaweed snacks
- Popcorn
- Trail mix
- Jerky
- Sunflower or pumpkin seeds
- Blue corn chips
- Individual cups of guacamole
- Rice crackers

FUN EXTRAS

- Daily inspiration
- Joke
- Sticker
- Note written on a paper napkin
- Cloth napkin so they feel fancy
- Silly drawing

VEGGIES

- Celery with peanut butter and raisins
- Rainbow carrots
- Sweet bell peppers
- Black olives
- Edamame
- Snap peas
- Grape tomatoes
- Sweet potatoes
- Pickles
- Side salad
- Frozen peas
- Cucumbers and hummus

SWEETS

- No-bake peanut butter energy balls
- Fortune cookie
- Homemade muffins
- Waffles with cream cheese
- Small piece of chocolate
- Granola bars
- Yogurt-cream cheese dip for fruit
- Banana chips
- Boxes of chocolate or vanilla milk
- Yogurt-covered raisins
- Graham crackers
- Homemade pudding



SOURCE: Realmomnutrition.com

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