

SUGGESTED LUNCHBOX IDEAS

THEME DAYS:

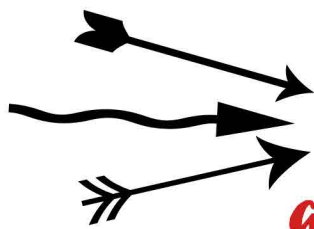
M- SANDWICH

TU- FINGER FOODS

W- LEFTOVERS- PASTA SALAD

TH- ROLL-UPS

F- DIPS, PRE-PACKED SNACKS, PROTEIN, CHEESE ^{AND} CRACKERS



Lunchbox ideas and planning tips for awesome school lunches!

ANOTHER IDEA IS TO THROW IN A WEEK OF "COLOR THEMED" LUNCHES... JUST FOR FUN!
ONE DIFFERENT COLOR EACH DAY OF THE WEEK- GET CREATIVE!

RED, YELLOW, GREEN, BROWN, ORANGE

PLAN AHEAD! THESE LITTLE TIPS WILL MAKE THINGS EASIER AND GO THAT MUCH QUICKER. IDEAS INCLUDE:

- MAKE AHEAD AND FREEZE FRESH ROLLS, MUFFINS, TORTILLA ROLLS, MINI BAGELS {PULL OUT IN MORNING AND ADD TO LUNCH. IT WILL BE THAWED BY LUNCH}
 - HAVE BOILED EGGS PRE-COOKED, PEELED AND READY TO ADD TO LUNCHES.
 - STOCK UP ON SMALL CONTAINERS W/LIDS FOR APPLESAUCE, SALADS, DIPS, ETC.{INCLUDE WARM AND COOL CONTAINERS FOR PRESERVING THOSE OPTIONS}
 - LEFTOVERS: KEEP IN MIND WHEN PLANNING MEALS WHAT WOULD DO WELL IN A LEFTOVER LUNCH
 - PRE-PACKAGE CRACKERS, AND OTHER FINGER SNACKS UPON PURCHASING THEM SO THEY ARE READY TO GO WHEN NEEDED
- 3) MAKE IT FUN WITH A FEW ACCESSORIES!

THIS DOESN'T HAVE TO BE COMPLICATED IF YOU'VE TRIED IDEAS AHEAD OF TIME AND LUNCHBOX IDEAS ARE PLANNED AHEAD:

- SANDWICH, CHEESE ^{AND} FRUIT SHAPES {COOKIE CUTTERS OR SPECIALTY CUTTERS}
 - FUNNY FACES {RAISINS, CHOCOLATE CHIPS, TOMATOES, GRAPES, CHEESE SHAPES, OLIVES, CANDY EYES, ETC.}
 - A "COLOR" THEME AS MENTIONED ABOVE PICK ONE OR TWO COLORS {MAY WORK WELL WITH HOLIDAY COLORS}
 - ADD HOLIDAY SURPRISES TO THE LUNCHES
 - USE A THEME FROM ONE OF THEIR FAVORITE MOVIES OR HOBBIES AS A LUNCH
- 4) ADD SOME VARIETY TO LUNCHTIME!

BREAK AWAY FROM THE ORDINARY SANDWICH AND PIECE OF FRUIT. SOME LUNCHBOX IDEAS MIGHT INCLUDE:

ROLL-UPS:

- TORTILLAS, CHEESE, MEATS, AND OR VEGGIES
- LUNCH MEAT ^{AND} CHEESE
- THIN BREADS
- CHEESE ^{AND} VEGGIE

TINY BITES:

- CHEESES
- CHOPPED VEGGIES
- GRAPE TOMATOES, SLICED OR BABY CARROTS
- GRAPES ^{AND} BERRIES
- ADD A ROLL OR MUFFIN TO BALANCE IT OUT

DIPS {SOME ARE SOLD IN SMALL PACKETS}:

- SERVE WITH CRACKERS, PRETZELS, VEGGIES ^{AND} FRUIT
- PEANUT BUTTER
- RANCH
- PLAIN OR FLAVORED CREAM CHEESE
- HUMMUS
- PAIR WITH SLICED MEATS, PEPPERONI
- ADD AN ELEMENT OF "FUN" {ANTS ON A LOG, SHAPED CHEESES OR FRUITS}