

## SUGGESTED LUNCHBOX IDEAS

### THEME DAYS:

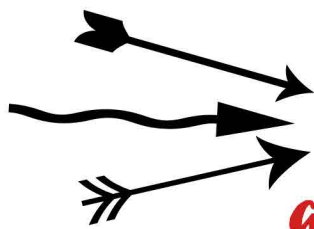
M- SANDWICH

TU- FINGER FOODS

W- LEFTOVERS- PASTA SALAD

TH- ROLL-UPS

F- DIPS, PRE-PACKED SNACKS, PROTEIN, CHEESE <sup>AND</sup> 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 <sup>AND</sup> 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 <sup>AND</sup> CHEESE
- THIN BREADS
- CHEESE <sup>AND</sup> VEGGIE

### TINY BITES:

- CHEESES
- CHOPPED VEGGIES
- GRAPE TOMATOES, SLICED OR BABY CARROTS
- GRAPES <sup>AND</sup> BERRIES
- ADD A ROLL OR MUFFIN TO BALANCE IT OUT

### DIPS {SOME ARE SOLD IN SMALL PACKETS}:

- SERVE WITH CRACKERS, PRETZELS, VEGGIES <sup>AND</sup> 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}