

Lunchbox ideas

Compiled by Amy of <http://www.momstoolbox.com> for <http://happytobeathome.net>

Variations on a sandwich: (Pick any outside and match with an inside item)

Outside:

2 slices of bread

Crackers

Pita pocket

Rolled in flattened bread and sliced like sushi

Rolled in a tortilla

Toasted on the stove in a tortilla (like quesadilla)

Bagel

English muffin

Inside:

Leftover bbq chicken or pork

Chicken salad with grapes

Peanut, cashew or almond butter and thinly sliced apples with a touch of honey

Peanut, cashew or almond butter and jelly

 Add berries, bananas and/ or granola

Peanut, cashew or almond butter and honey

 Add berries, bananas and/or granola

Peanut Butter/ Applesauce/Cinnamon

Turkey, ham, roast beef

Melted cheese (with or without turkey or ham)

** or use toothpicks... put bulkier items on toothpicks or make sandwiches, cut into small squares and put pieces on toothpicks

Dips:

(offer 2-3 dips and 3-4 dipping options to make it the whole meal or offer 1 dip and 2-3 dippers as a side item)

Hummus, ranch dressing, Peanut Butter/ Applesauce/ Cinnamon dip, any nut butter, yogurt

Serve with carrot, celery, cucumber, zucchini, red pepper, breadsticks, graham crackers, pretzel rods

In a thermal container:

Meatballs

Grilled or baked chicken strips with dipping sauce in separate container

Chili

Pasta with red sauce, veggies, turkey sausage

Mac and cheese

Rice and black beans

Meatloaf

Chicken wings