

# Easy Lunch Box PLANNER

## DRINK:

**Water:**  
Bottle  
Fruit Infused

## Milk:

White  
Strawberry  
Chocolate

## Juice:

Grape  
Apple  
Orange  
Cranberry  
Lemonade  
Sport Drink

## MAIN:

### Grain:

Sliced Bread  
English Muffin  
Bagel  
Crackers  
Tortilla  
Pita Bread

### Protein:

Turkey  
Ham  
Chicken Breast  
Hummus  
Egg  
Pepperoni  
Tuna/Chicken Salad

### Toppings:

Lettuce Zucchini Slices  
Tomato Pesto  
Cucumber Avocado  
Pickles Sun Dried  
Cheese Slices Tomato  
Cream Cheese Mayo  
Olives Mustard

## SIDES:

Cheese  
Yogurt  
Nuts  
Apple Slices  
Oranges  
Grapes  
Banana  
Chips  
Pretzels  
Graham Crackers  
Crackers  
Baby Carrots

Sweet peppers  
Fruit Leather  
Cherry tomatoes  
Broccoli Florettes  
w/ ranch  
Cooked Pasta  
Edamame  
Berries  
Cheese Crackers  
Trail Mix  
Dried fruit  
Apple Sauce

## EXTRAS:

Wet Ones  
Fork  
Spoon  
Knife  
Straw  
Note  
Paper towel  
Dessert  
ice Pack  
Hand Sanitizer  
Lip Balm