## 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 Florets, 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

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