

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