

Healthy Lunch Box Ideas

Sandwich Ideas

- Whole Grain Breads
- Bagels
- Pitas
- Tortillas
- Rice Crackers
- Naan
- Sliced Deli Meats
- Cheeses
- Lettuce
- Sprouts
- Herbs
- Jelly
- Cream Cheese
- Nut Butters
- Tuna or Chicken Salad
- Roasted Veggies
- Bean Cakes
- Burgers (Meat or Vegetarian)

Sandwich Alternatives

- Rice, Quinoa, Couscous, or other grain
- Beans
- Cheese Chunks
- Meat
- Salad
- Tuna or Chicken Salad
- Baked Egg Cups
- Pizza
- Pasta Salad
- Soup

Snacks

- Veggie sticks
- Cooked vegetables
- Salads
- Dips (Hummus, Bean Dip, Guacamole, Nut Butters, Home Ranch Dressing, etc.)
- Fruit Slices
- Fruit Salads
- Dried Fruits
- Homemade Fruit Roll Ups
- Muffins
- Healthy Cookies
- Granola Bars
- Trail Mix or Granola
- Protein Balls
- Whole Grain Crackers
- Cheese Slices
- Yogurt
- Healthier Chips (Plan Tortilla Chips, Veggie Chips, Kettle Chips, Lentil Chips, etc.)

