

# FUN BAGGED LUNCH IDEAS

Important note: Don't forget to include ice packs in lunch boxes for cold products and to heat food and put in pre-warmed thermos.

## SEED & NUT BUTTERS

Nut butter w/ crispy sliced apples, fill celery stalks & dot w/ raisins, Craisins, choc chips; Or enjoy w/ crackers or bread and jelly or banana slices

## NOODLES

Any type of pasta w/ tomato sauce, pesto, fresh mozzarella & tomatoes, primavera w/ raw or roasted vegetables, chicken sausage, mac & cheese

## EGGS

Hard boiled, deviled, in quiches or frittata using leftover cooked veggies, add cheese, include a nice roll

## SALADS

Base of greens and add chicken, thinly sliced steak, tuna, cheese, beans, hard-boiled egg, a rainbow of vegetables, seeds, nuts, Craisins & dressing

## "BOWLS"

Top or mix rice, quinoa, barley, sweet potato chunks, mashed potatoes with anything: beans, meats, veggies, seeds, spices like curry

## CHIPS & DIPS

Tortilla, pita, rice chips with hummus, guacamole, salsa, spinach-artichoke dip and add side of sliced cucumbers, carrot sticks, olives

## CHARCUTERIE BOARD

Pair crackers, matzo, sliced bread w/ sliced or chunked cheeses (brie, cheddar, etc.), sliced pepperoni, salami, grapes, apple slices, olives

## SANDWICHES & WRAPS

Rolls, bread, pita, bagels, tortilla wraps, for classics like turkey, ham & cheese, BLT, PB&J, chicken Caesar wrap, hummus & roasted veggie wrap

## LEFTOVERS

Some foods taste even better the next day: lasagna, ziti, lo mein, soup, chili, stir fry, chicken with cashews. Be sure heat and place in a thermos

## SIDES

Chips, cucumber slices, carrot & celery sticks, cherry tomatoes with dip, fruit, whole, sliced or salad, cookie, square of dark chocolate (brain food)