



# Packed Lunch Ideas

## Start with a MAIN ELEMENT

Pinwheel tortilla roll ups (cream cheese, turkey, veggies)

Pickle and turkey roll ups

Honey, banana, and peanut butter sandwich

Mac and cheese

Spaghetti or buttered noodles

Meat and cheese sandwich

Egg bites

Protein waffles

Charcuterie spread

Quesadilla

Yogurt parfait cup with granola

Lasagna

Bagel and cream cheese

Grilled chicken

Pizza

Un crustables

**Then add a fresh veggie, fruit, and/or  
crackers/goldfish/veggie straws**