

# Lunchbox Ideas

## Protein

- hummus
- cheese
- chicken bites
- lunch meat
- tuna
- boiled eggs
- chia pudding
- beans/bean dip
- sunflower butter

## Veggie

- carrots
- avocado/guacamole
- edamame
- celery
- grape tomatoes
- sliced bell peppers
- peas
- salad
- broccoli

## Main Dish

- sandwich
- pasta/rice
- pitas/tortillas
- pizza bites
- corn dogs
- dumplings
- empanadas

## Fruit

- strawberries
- blueberries
- blackberries
- raspberries
- cut oranges
- apple slices
- pear slices
- cut grapes
- melon
- watermelon

