

Build Your Own **Healthy** Lunchbox



Whole Grains + Protein

- Sandwich with Deli Meat
- Pasta Salad
- Cheese Quesadilla
- Veggie Wrap
- Crackers, Meat & Cheese
- PB&J Sandwich
- Pita & Hummus
- Chicken Salad & Crackers
- Rice & Black Beans
- DIY Tacos
- Pita Pizza
- Meat & Cheese Roll Ups
- Salad with Tuna
- Sandwich Kebobs
- Vegetable Soup & Crackers
- Protein Muffins

Fruit

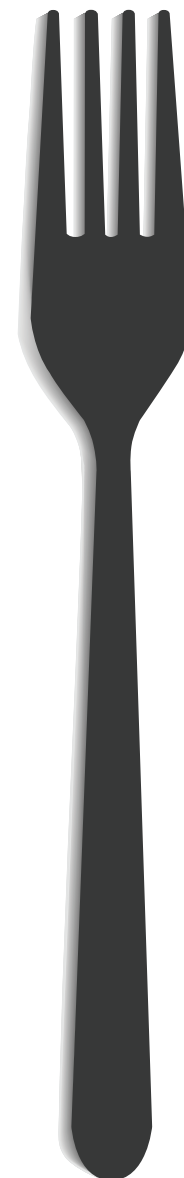
- Banana
- Grapes
- Berries
- Cherries
- Apple
- Clementine
- Melon
- Avocado
- Applesauce
- Fruit Pouches
- Pineapple
- Kiwi
- Mandarin Oranges
- Dried Fruit
- Fruit Salad

Veggies

- Carrots
- Celery
- Cucumber
- Mini Sweet Peppers
- Peas
- Corn
- Broccoli
- Cauliflower
- Beet Chips
- Salad
- Sugar Snap Peas
- Cherry Tomatoes
- Roasted Potatoes
- Homemade Baked Chips
- Green Beans
- Kale Chips

Other

- Pretzels
- Trail Mix
- Granola Bar
- Mini Muffins
- Nuts
- String Cheese
- Guacamole
- Salsa
- Lowfat Ranch
- Chocolate Chips
- Yogurt
- 100% Fruit Juice
- Lowfat Milk
- Fruit Leather



Visit PowerYourLunchbox.com for more lunchbox ideas & tips!