

lunch idea list

carbs

- * bagel chips *
- * banana bread **
- * bread **
- * flour tortillas / wraps **
- * gold fish crackers **
- * granola bars (t.j.'s chocolate chip**, honey + oats*)
- * leftover rice *
- * mini bagels (w/ cream cheese) **
- * mini muffins (chocolate chip) **
- * pasta / pasta salad **
- * pita chips *
- * pitas *
- * pretzel bagels *
- * pretzel chips *
- * pretzel sticks **
- * tortilla chips with salsa*
- * wheat crackers **

proteins / sandwiches

- * cheese sandwiches **
- * egg salad sandwiches *
- * mini pizzas (pitas, sauce and cheese) **
- * nuts *
- * olives **
- * peanut butter + jelly sandwiches **
- * salmon sandwiches *
- * tuna sandwiches **

hot foods

- * soup (veggie, bean + bacon, chicken noodle, chicken with rice) **

dairy

- * cheese cubes **
- * cheese slices **
- * cottage cheese **
- * cream cheese **
- * laughing cow or babybel cheese *
- * milk *
- * string cheese **
- * yogurt + granola **

veggies (w/ ranch)

- * baby carrots **
- * celery sticks *
- * cucumber slices **
- * grape tomatoes *
- * red pepper slices **

fruit

- * bananas *
- * blueberries **
- * canned mandarin oranges **
- * canned peaches *
- * canned pineapple **
- * cherries **
- * clementines **
- * grapes **
- * strawberries *

sweets

- * brownies **
- * cookies **
- * cupcakes **