

# Mix & Match Lunchbox Master List



Build a balanced lunch in minutes!

**Choose:** • 1-2 Main Protein / Carb • 1-2 Fruits / Veggies • 1 Crunch • 1 Sweet

## MAIN PROTEIN / CARB: CHOOSE 1-2

- Ham, salami, lunch meat, hot dog, bacon
- Cubed chicken or turkey
- Hamburger patty
- Sausage patty/link
- Meat stick
- Hard boiled egg
- Edamame
- Nuts (sprouted, pistachios)
- Cottage cheese
- String cheese / Babybel / Laughing Cow
- Mozzarella balls / cubed cheese
- Yogurt or yogurt sticks
- Baked egg muffins
- Muffins (banana, blueberry)
- PB&J sandwich
- Banana & peanut butter sandwich
- Cream cheese & jelly sandwich
- Ham & cheese sandwich
- Tuna or egg salad sandwich
- Cheese & crackers
- Leftover lasagna
- Leftover pizza
- Leftover spaghetti
- Pasta salad
- Burrito
- Quesadilla
- Soup (thermos)
- Smoothie (squeeze pouch)

## FRESH FRUIT: CHOOSE 1-2

- Apples or applesauce
- Grapes
- Clementines or oranges
- Pears
- Strawberries
- Blueberries
- Blackberries / raspberries
- Watermelon / cantaloupe / honeydew
- Cherries
- Mango
- Kiwi

## VEGGIES + DIPS: CHOOSE 1-2

- Carrots
- Cucumbers
- Snap peas
- Red peppers
- Celery
- Green garnish (lettuce, basil, parsley)
- Broccoli / Cauliflower
- Sweet corn
- Cherry tomatoes
- Kale chips
- Seaweed snacks
- Pickles
- Olives
- Sauerkraut
- Ranch
- Salsa
- Nut butter
- Hummus

## CRUNCHY SIDES: CHOOSE 1

- Popcorn
- Pretzels
- Chex mix
- Pirate's Booty
- Cheese curls
- Crackers
- Chips (regular or sweet potato)
- Trail mix
- Rice cake/butter sandwich
- Veggie chips/straws
- Dry cereal

## SWEET TREATS: CHOOSE 1

- Fruit snacks / Gummies / Yogis
- Chocolate chips
- Marshmallows
- Candy
- Cookie
- Bar
- Pudding
- Gelatin shapes
- Dates with cream cheese
- Fruit leather
- Dried or freeze-dried fruit

## FUN EXTRAS / HELPFUL SUPPLIES

- Candy eyeballs
- Unbleached paper towel (to absorb moisture)
- Mini silverware/spork
- Skewers
- Toothpicks
- Silicone muffin cups
- Tiny condiment cups
- Large leak proof container / Thermos
- Squeasy Snacker / reusable squeeze pouch
- Tiny scissors (to help open yogurt sticks)

