PICK ONE FROM EACH GROUP

Mix & Match Packed Lunch Ideas

For school, work, or a day on the go. Check off what you have, then pack and go.

STEP 1

Main

- ☐ Turkey or ham sandwich
- ☐ Peanut butter and jelly
- ☐ Chicken or tuna salad
- ☐ Wrap or pinwheels
- ☐ Hard-boiled eggs
- ☐ Quesadilla
- ☐ Pasta salad
- ☐ Meatballs
- ☐ Taco salad
- ☐ Pizza muffins
- ☐ Mac and cheese
- ☐ Soup or chili in a thermos
- ☐ Dinner leftovers
- ☐ Rice bowl

STEP 2

Fruit

- ☐ Grapes
- ☐ Apple slices
- ☐ Banana
- ☐ Strawberries
- ☐ Blueberries
- ☐ Mandarin oranges
- ☐ Watermelon
- ☐ Cantaloupe or honeydew
- ☐ Peaches or plums
- ☐ Pears
- ☐ Kiwi
- ☐ Pineapple
- ☐ Dried fruit
- ☐ Applesauce

STEP 3

Vegetable

- ☐ Baby carrots
- ☐ Celery
- ☐ Cucumber
- ☐ Cherry or grape tomatoes
- ☐ Broccoli
- ☐ Cauliflower
- ☐ Bell peppers
- ☐ Pea pods
- ☐ Green beans
- ☐ Dill pickle
- ☐ Olives
- ☐ Radishes
- ☐ Corn on the cob slices
- ☐ Tossed salad

STEP 4

Bread or cracker

- ☐ Whole wheat crackers
- ☐ Cheese crackers
- ☐ Pretzels
- ☐ Pita or pita chips
- ☐ Bagel
- ☐ Tortilla
- ☐ Muffin or quick bread
- ☐ Roll or biscuit
- ☐ Breadsticks
- ☐ Rice cakes
- ☐ Graham crackers
- ☐ Cornbread

STEP 5

Dairy

- ☐ String cheese
- ☐ Cheese cubes
- ☐ Cottage cheese
- ☐ Yogurt
- ☐ Frozen yogurt tube
- ☐ Milk

STEP 6

Dip

- ☐ Peanut butter
- ☐ Hummus
- ☐ Ranch
- ☐ Salsa
- ☐ Cream cheese
- ☐ Fruit or caramel dip

STEP 7

Snack or treat

- ☐ Popcorn
- ☐ Trail mix
- ☐ Nuts and seeds
- ☐ Pudding
- ☐ Jello
- ☐ Cookies
- ☐ Granola bar
- ☐ Powerballs
- ☐ Puppy chow
- ☐ Snack mix
- ☐ Fruit leather
- ☐ Mini muffins

Keep it cold: an insulated bag and two ice packs.

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