

Bento Style School Lunch

Cheat Sheet

IDEAS TO MAKE PACKING SCHOOL LUNCHES A SNAP!

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School's back in session and mornings can get crazy if we don't have a plan. Here are some menu suggestions to help your lunch planning be simple and stress-free!

PICK YOUR PROTEINS



Sliced Turkey Roll-ups • Cheese Cubes + Pepperoni on a Stick
Meatballs • Hard-boiled Eggs • Pita Pizza • Ants on a Log •
Favorite Sandwich • Drumstick • Grilled Chicken/Salmon

INCLUDE ONE MAIN PROTEIN IN YOUR LUNCH

MAKE A RAINBOW

Healthy Bento lunches are filled with as many colors of the rainbow as you can manage. Here are color ideas to inspire you at-a-glance!



GREEN

Sugar Snap Peas (in pod) • Green pepper strips •
Broccoli - fresh or dried • Peas • Seaweed • Celery
Asparagus Spears • Kale Chips • Green Olives

TRY INCLUDING A DRESSING "DIP" TO TEMPT PICKY EATERS

ORANGE + YELLOW

Carrots (sticks or cut into flower shapes!) • Orange
Slices • Mini Mac 'n Cheese Cups • Roasted or
Mashed Squash, Sweet Potato or Pumpkin •
Orange Bell Pepper Strips • Fresh or Dried Apricots •
Papaya • Pineapple • Corn • Bananas • Summer
Squash • Yellow Pears • Golden Beets



RED

Red Apples • Cherries • Cherry Tomatoes •
Strawberries • Red Pepper Strips • Watermelon •
Pomegranate Seeds • Raspberries

BLUE + PURPLE

Blueberries • Grapes • Blackberries • Figs • Plums •
Raisins • Purple Carrots • Eggplant Parmesan Bites



EXTRA SNACKS



Mini Pretzels • Almonds • Pistachios • Trail Mix •
Olives • Yogurt • Oatmeal Power Balls • Popcorn
Crackers • Pumpkin Seeds • Veggie Straws

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