

BENTO BOX LUNCH GUIDE

Make packing lunches easier with these easy bento lunch box ideas. Bento boxes are an awesome way to pack a mix of nutritious foods together in one lunch box—and the options for what to pack is endless!

Box 1

- Bow-tie pasta salad with veggies
- Baby greens salad with dressing
- Watermelon
- 2 fig cookies



Box 2

- Ham, turkey, and cheese rolled up together, sliced, and skewered with pretzel sticks
- Mandarin oranges
- Shelled edamame
- 1 container chocolate pudding



Box 3

- Sliced hard-boiled egg and 2 mini whole-grain waffles
- Bell-pepper strips
- Sliced kiwi and blackberries
- Mini corn muffin



Box 4

- Hummus
- Crackers
- Cheddar cheese
- Watermelon
- Yogurt



Box 5

- Sandwich
- Edamame
- Strawberries
- Fruit leather



Box 6

- Cereal
- Turkey
- Bell pepper
- Applesauce pouch



Box 7

- Turkey and cheese wrap
- Sliced apple
- Freeze-dried fruit
- Goldfish crackers



Box 8

- Egg muffins
- Cantaloupe
- Cucumbers
- Cereal



Box 9

- Pre-made falafel
- Pretzel Sticks
- Cucumber Sauce
- Blueberries



Box 10

- Cheese and crackers
- Salami
- Bell pepper or peas
- Clementine or berries

