

# LUNCH IDEAS

PICK 1 FROM EACH CATEGORY

## MAIN COURSES

- Italian Pasta Salad (Zoodles)
- Avocado Chicken Salad
- Roasted Tomato Soup
- Meatloaf Muffins
- Sausage Pizza Soup
- Hummus wrap
- Avocado Toast
- Carrot and Ginger Soup
- Deli wraps
- Pre-cooked Chicken Sausages
- Baked Beans
- Quesadillas

## SNACKS/TREATS

- Energy Bites
- Granola Bars
- Peanut Butter Banana Muffins
- Zucchini Bread
- Banana Bread
- Greek Yogurt
- Trail Mix
- Hard boiled eggs
- String cheese
- Pretzels/crackers
- Store bought bars
- Popcorn

## FRUITS

- Bananas
- Berries
- Chopped apples
- Kiwi
- Oranges
- Nectarines or peaches
- Melon (honeydew, watermelon)
- Grapes
- Dried fruits
- Applesauce
- Pomegranate
- Mango

## VEGGIES & DIPS

- Carrot sticks
- Celery sticks
- Bell pepper slices
- Edamame
- Broccoli
- Cucumber slices
- Cherry tomatoes
- Snap peas
- Hummus
- Ranch
- Peanut Butter
- Guacamole