

## School Lunch Ideas – Packing Bento Boxes



### Box 1

- 2 hardboiled eggs
- 1 cutie, peeled
- ½ cup celery sticks
- 5-6 Whole grain crackers
- 1 Tbsp mini marshmallows

### Box 2

- 3-4 slices turkey, or other deli meat
- 2 slices cheddar cheese, or other cheese
- 4 oz. fruit cup with no added sugar
- ½ cup baby carrots
- 1 small granola bar

### Box 3

- 6 oz. plain, nonfat Greek yogurt
- 1/2 cup blueberries, fresh or frozen
- ½ cup mini cucumber or cucumber slices
- ¼ cup goldfish
- 1 Tbsp semisweet chocolate chips