

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