

# HOW TO USE THIS MENU

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You can use this menu any way you want to! But here's a little explanation of how I use it;

1. I use the Bentgo Kids lunch box for my kids: It has 4 main compartments, and a small 5th compartment in the middle.
2. Each day, I choose either a sandwich, wrap, or a non-sandwich main course.
3. Then I fill the other 3 main compartments with a fruit, a veggie, and a "snack."
4. If the main course takes up more than one compartment (like chips and bean dip, for example) then I skip one of the other categories for that day.
5. I use the small 5th compartment for a condiment or for a small treat like chocolate chips, chocolate covered raisins, nuts or, MMs.

That's it! Have a great school year, and happy lunch packing!

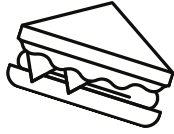
-Laura

[www.TheOrganizedMomLife.com](http://www.TheOrganizedMomLife.com)



## SANDWICHES & WRAPS

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- Turkey and cheese
- Lunch meat & cheese kabobs
- Peanut butter & jelly
- Spicy Italian on a sub roll
- BLT
- Ham and cheese
- Tuna
- Chicken caesar wrap
- Chicken burrito
- PB&J skewers
- Hummus & veggie wrap
- Chicken bacon ranch wrap
- Chicken, egg, or ham salad on a croissant or pita
- Mini sandwiches on Hawaiian rolls
- Cheesy roll-ups
- Deli pinwheels
- Cobb salad sub
- Cucumber and cream cheese
- Chicken tender wrap
- Pretzel roll sliders
- Beef, chicken, or cheese taquitos
- Tomato & Mozzarella on Focaccia or a baguette

# LUNCH BOX MENU

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## NON-SANDWICH MAIN COURSES

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- Soft pretzel
- Hard boiled egg
- Chips & bean dip
- Meat, cheese, & crackers
- Bagel or English muffin
- Caesar or Cobb salad
- Red bean bun
- Pasta salad
- Caprese salad
- Rotisserie chicken
- Grilled chicken salad
- Bean salad
- Burrito bowl
- Bean, chicken, or cheese quesadilla
- Yogurt parfait
- Naan bread
- Pancakes, waffles, or french toast
- Chicken tenders



- Make-your-own pizza lunchables
- Chicken or tuna salad with crackers
- Caprese skewers
- Nachos
- Muffins
- Corn fritters
- Pesto pasta
- Pizza rolls
- Cereal
- Chicken bacon ranch pasta
- Taco salad
- Overnight oats
- Chicken Caesar pasta salad

## CONDIMENTS

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- Ketchup
- Mustard/Honey mustard
- Mayonnaise
- Ranch dressing
- French onion dip
- Hummus
- Salsa
- Pesto
- Soy sauce
- Salad dressing
- Black bean dip
- Syrup
- Nutella
- Peanut butter



## FRUITS

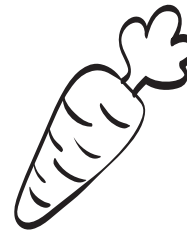
- Strawberries
- Blueberries
- Kiwi
- Mango
- Watermelon
- Cantaloupe
- Cherries
- Honeydew
- Mandarin oranges
- Apples
- Applesauce
- Fruit salad
- Dried fruit (mangos, apricots, pineapple, etc.)
- Peach or nectarine
- Orange
- Grapes
- Raspberries
- Blackberries
- Pineapple
- Pear
- Plum
- Raisins or craisins
- Banana or apple chips
- Clementine



## SIDES

### VEGETABLES

- Carrots
- Cucumbers
- Peppers or snack peppers
- Side salad
- Snap peas
- Edamame
- Cherry tomatoes
- Caprese salad
- Broccoli
- Cauliflower
- Celery
- Mexican street corn



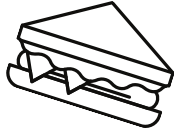
## SNACKS

- Granola or fruit bar
- Energy balls
- Roasted chick peas
- Popcorners
- Sunchips
- Pita chips
- Goldfish crackers
- Pretzels
- Cottage cheese
- Cheese stick
- Yogurt
- Nuts
- Jello
- Pudding
- Pickles/olives
- Cheese cubes
- Crackers
- Beef stick
- Cookies
- Chips and salsa
- Chex mix
- Popcorn
- Sunflower seeds
- Veggie straws



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