

## BENTO BOX IDEAS

<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• Yogurt, Fruit, Granola</li> <li>• Apple, PB (or other nut butter), Graham Crackers</li> <li>• Mini Bagel, Cheese Stick, Fruit Cup</li> <li>• PB Banana Pinwheels</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Turkey and Cheese Pinwheel, Baby Carrots, Apple</li> <li>• Tortilla Chips, Taco Meat, Cheese, Salsa, Sliced Peppers, Fruit</li> <li>• Crackers, Turkey or Ham, Cheese, Roasted Chick Peas, Fruit</li> <li>• Crackers, Chicken Salad, Cheese, Baby Carrots, Fruit</li> </ul>
<b>Vegetarian</b>	<ul style="list-style-type: none"> <li>• Hummus, Crackers, Baby Carrots, Fruit</li> <li>• Chocolate Hummus, Graham Cracker, Strawberry, Cucumber Slices</li> <li>• Tortilla Chips, Cheese, Black Beans, Corn, Salsa, Fruit</li> </ul>
<p style="text-align: center;"><b>Salad Shakers</b></p> <p>*These are assembled in cups and ingredients are listed from bottom to top</p> <p style="text-align: center;">Full recipes can be found at <a href="http://www.landolakesfoodservice.com">www.landolakesfoodservice.com</a></p>	<ul style="list-style-type: none"> <li>• <u>BBQ Chicken</u> (coleslaw, tomatoes, black beans, onions, chicken tossed in BBQ sauce, cheddar cheese)</li> <li>• <u>Middle Eastern</u> (WW couscous mixed w/ chili garlic sauce, tomatoes, cucumber, chickpeas, sliced black olives, green bell pepper, red bell pepper, red onion, shredded mozzarella cheese) serve with harissa dressing</li> <li>• <u>Korean</u> (Brown rice, coleslaw, carrots, chopped eggs, green pepper, red pepper, chicken mixed with chili garlic mozzarella cheese, green onion) serve with kimchi ranch dressing</li> <li>• <u>Southwest</u> (lettuce, black beans, tomatoes, green pepper, pinto beans, cheddar cheese, seasoned chicken) serve with salsa ranch dressing</li> </ul>

**\*\*Bento boxes can be more of snack box than a meal in a box. A lot of kids like to graze and will love to have semi random “snack items” that still meet the meal pattern regulations.\*\***

<https://citrusanddelicious.com/easy-bento-boxes/>

<http://www.eatingwell.com/gallery/13659/easy-bento-box-lunch-ideas-for-work-and-school/>