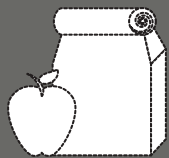


LUNCH/SNACK IDEAS



BEYOND PB&J

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MAINS

Cheese Crackers &
Salami
Turkey or Ham Roll-Ups
Veggie Pasta Salad
Hard Boiled Egg
Grilled or Baked
Chicken
Chicken or Tuna Salad
Pita Pockets
Beans Rice & Cheese

FRUITS

Fresh Fruit Salad
Apple Slices + Nut
Butter
Banana + Pineapple
Berries & Yogurt
Fresh or Frozen Grapes
Melon Balls
Mandarin Oranges
Dried Fruit

VEGGIES

Grape Tomatoes
Carrots & Hummus
Celery + Peanut Butter
Cucumber Slices & Ranch
Corn on the Cob
Sliced Sweet Peppers
Fresh Pea Pods
Broccoli + Ranch

EXTRAS

Pickles
Popcorn
Almonds, Peanuts,
Pistachios, Walnuts
Yogurt
Cheese Stick
Apple Sauce
Tortilla Chips, Salsa &
Guac
Seaweed Snacks

TREATS

Trail Mix
Granola Bar
Animal Cookies
Dark Chocolate
Marshmallows
Yogurt Raisins