

SANDWICHES

[Egg Salad](#)
Tuna/Salmon
[Chickpea salad](#)
[Chicken & Apple Salad](#)
Deli or oven roasted meat
Cheese/Cream cheese

SALADS

Slaws
Cobb salad
[Whole grain salads](#)
[Orange and wheat salad](#)
[Pasta salad](#)
[Bean salad](#)
[Thai Power Bowl](#)

BREAKFAST FOODS

[Boiled eggs](#)
Cereal and dried fruit
Yogurt
[Granola yogurt parfaits](#)
[Oatmeal](#)
Congee
[Egg Bite Muffins](#)

THERMOS FOODS

Classic Beef n' Bean Chili	Spaghetti & Meat Sauce
Chickpea Curry	Ramen with veggies
Soup	Dumplings in broth
Chicken Chili	Smoothies
Butternut squash chili	Apple & Kale Smoothie

LEFTOVERS

HEAT UP

Spaghetti & meatballs
Mac and cheese
Rice and Beans

EAT COLD

Pizza
Cooked Meat
Sushi rolls
Frittata
Quesadilla

FRUITS

Sliced apples or pears (with lemon juice), grapes, oranges (easy peel or segmented), dried fruit, [fruit roll-ups](#), [fruit sauce](#), frozen berries (thaw by lunch)

VEGGIES

Carrots, celery, snap peas, broccoli, cauliflower, pickles, cucumbers, sweet peppers, cherry tomatoes, zucchini

DIPS & SPREADS

[Hummus](#)
[Tzatziki](#)
Yogurt fruit dip
[Chocolate avocado dip](#)
[Sour cream and dill dip](#)

BREADS & CRACKERS

Fresh pita or pita chips	Whole wheat crackers
Naan, Roti, Paratha, Papadam	Cheese Biscuits
Pumpernickel	Bannock
Bagels	Fish crackers
English muffins	Pretzels

HOMEMADE SNACKS

[Nut Free Granola bars](#)
[Trail mix](#)
[Nut Free Energy bites](#)
[Roasted chickpeas](#)
Popcorn & [Seasoning](#)

FAVE MUFFINS

[Carrot & Applesauce](#)
[Seedy Rhubarb Oat](#)
[Berry Lemon](#)
[Rhubarb Banana](#)