



## No-Cook & Grab-and-Go Lunches:

- Girl Lunch (Charcuterie Box) (cheese, crackers, cured meats, fruit, and nuts— fun & customizable!)
- Pita Pizzas (pita bread + sauce + cheese + toppings, cooked on a pan or over a fire)
- Uncrustables or DIY PB&Js (store-bought or make your own with different nut butters & jams!)
- Salad Kits (pre-made for easy assembly, or mix your own!)
- Hummus & Veggies (serve with pita, crackers, or chips for dipping!)

## Wraps & Sandwiches:

- Buffalo Chicken Wraps (shredded chicken + buffalo sauce + ranch in a tortilla)
- Tuna Salad Wraps or Sandwiches (packets of tuna + mayo + relish in a tortilla or bread)
- Turkey & Cheese Wraps (easy and packable with deli meat, cheese, and lettuce)
- Mediterranean Wraps (hummus + feta + olives + cucumbers in a tortilla)
- Chicken Caesar Wraps (pre-cooked chicken + Caesar dressing + lettuce in a tortilla)
- BLT Sandwiches (pre-cooked bacon + lettuce + tomato on bread or a wrap!)

## **Pantry Staples & Dry Goods:**

- Crackers (Ritz, Wheat Thins, or your favorite)
- Pita Bread or Tortillas
- Bread (for sandwiches)
- Peanut Butter or Almond Butter
- Jelly or Honey
- Shelf-Stable Cheese (Parmesan, Babybel, or Laughing Cow)
- Nuts or Trail Mix
- Canned Tuna or Chicken
- Canned Beans (Black Beans, Chickpeas)
- Shelf-Stable Dressing (Caesar, Ranch, or Vinaigrette)

## **Refrigerated/Fresh Items:**

- Pre-Cooked Chicken (or Rotisserie Chicken)
- Deli Meat (Turkey, Ham, or Roast Beef)
- Cheese (Cheddar, Mozzarella, Feta)
- Hummus
- Salad Greens (Spinach, Romaine, or Mix)
- Pre-Cut Veggies (Carrots, Cucumbers, Bell Peppers)
- Tomatoes
- Avocados
- Bacon (Pre-Cooked for Easy Use)
- Sour Cream or Greek Yogurt

## **Extras for Variety:**

- Olives & Pickles
- Salsa or Hot Sauce
- Packets of Mayo & Mustard
- Hard-Boiled Eggs (Pre-Made for Easy Protein)
- Dried Fruit (Cranberries, Mango, Apricots)