

BENTO BOX FOOD

What to pack?

Vegetables

asparagus
bell pepper
broccoli
cucumber
celery
cauliflower
corn
daikon radish
coleslaw
green beans
salad
peas
sugar snap peas
grape tomato
yellow pear tomato
radish
carrots - purple, yellow, or orange
beet - red, golden
sweet potato

Grains

crackers
rolls
flat bread
tortillas
pancakes
waffles
muffins
pasta, pasta salad
rice
granola bar
pita
chips
bagel
breadsticks
potato, salad
pretzels
quinoa
popcorn

Fruit

apple
berries
canned fruit
cherries
dried fruit
melon, chunks or shapes
mango
kiwi
grapes
dates, figs
peach
pineapple
orange
fruit leather
clementine
applesauce
plums
strawberries

Proteins

beans
bean dip
roast beef
turkey slices
chicken slices
chicken nuggets
meatballs
tuna or chicken salad
nut butter
eggs
sausages
pepperoni
ham
hamburger
shrimp
edamame
pulled pork
nuts

Dairy

yogurt
cheese shapes
string cheese
Babybel cheese
cottage cheese
cream cheese
tofu

Extras

pickles
black olives
green olives
salsa
cupcake
jelly beans, etc.
graham crackers
pudding
jello
ranch dressing
baked beans
guacamole
raisins
chocolate chips
jicama
coconut chips
cereal
roasted chickpeas
kale chips