# Bento Box Food

## What to Pack?

### Vegetables
- asparagus
- bell pepper
- brocoli
- 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
- pickles
- black olives
- green olives
- salsa
- cupcake
- jelly beans, etc.
- graham crackers
- pudding
- jello
- ranch dressing

### Extras
- baked beans
- guacamole
- raisins
- chocolate chips
- jicima
- coconut chips
- cereal
- roasted chickpeas
- kale chips