

Vegetarian Lunchbox Ideas

Sandwiches

- Bagel/English Muffin with Cream Cheese, Lox, Hummus, Tuna, Cheese Slices, Jelly, Avocado
- Bread/Challah with Soy Butter, sunflower seed butter, Jelly, Cream Cheese, Hummus, Tuna, Cheese, Egg Salad, Soy Meat
- Grilled Cheese
- Tortilla Wraps
- Veggie burgers
- Egg and cheese
- Tortilla wrap
- Mini bagels

Thermos Items

- Mac and Cheese
- Vegetarian Soup
- Tofu, rice
- Rice and cooked vegetables
- Pasta
 - Salad, Buttered noodles with Parmesan cheese, with vegetarian sauce, spaghetti, cheese ravioli with tomato sauce, cheese tortellini
- Veggie or Cheese Pizza
- Veggie Chili with chips
- Soy Chicken Nuggets
- Veggie or Soy Lasagna
- Tuna Noodle Casserole
- Smoothies
- Scrambled eggs
- Beans and rice

Fruits & Veggies

- Apples, pears, cucumbers with yogurt
- Carrots (3+years), cherry tomatoes, sliced red pepper, cucumbers with hummus or veggie dip
- Fruit Salad
- Celery with Cream Cheese or soy butter
- Raisins and/or dried fruit
- Chick Peas or Edamame
- Cottage Cheese and fruit
- Guacamole and chips
- Raw zucchini rounds and dip
- Salad
- Applesauce
- Fruit and vegetable squeeze snacks

Other Ideas

- String Cheese or cut up cheese cubes
- Dry Cereal
- Yogurt / Go-Gurt
- Hummus & Crackers
- Hard Boiled Eggs
- Veggie / Soy Corn Dogs, Hot Dogs, Chix Nuggets
- Fish Sticks
- Falafel Balls
- Salmon Patty
- Quiche
- Granola Bars
- Quesadillas with cheese, rice, etc.
- Sushi
- Cold salmon