

## **My Plant-Based Family Lunchbox Guide**

<b>Main Dish</b>	<b>Fruit</b>	<b>Veggie</b>	<b>Dip</b>	<b>Snack/Dessert</b>
Sandwich	Apples	Carrot Sticks	Nut Butter	Granola Bar
Build Your Own Pizza	Grapes	Cucumber Slices	Seed Butter	Muffins
Pasta or Pasta Salad	Banana	Bell Pepper Slices	Hummus	Cookie
Bean Burgers or Bean Nuggets	Orange (or other citrus) Slices	Pickle	Salad Dressing	Yogurt Parfait
Baked Potatoes	Berries	Corn on the Cob	Barbeque Sauce	Crackers
Bagels (for pizza or sandwiches)	Sliced Melon	Potatoes	Pasta Sauce	Pretzels
Nachos with Beans	Frozen Fruit Smoothie	Mushrooms	Guacamole	Frozen Smoothie
Bean Burritos	Peaches	Snap Peas	Salsa	Frozen Fruit
Soup/Stew	Pineapple	Salad	Faux Cheese Sauce	Dried Fruit
Chili	Plums	Broccoli	Plant-Based Yogurt	Fruit Strip
Bean & Grain Bowl	Applesauce		Ketchup or Mustard	Popcorn

***Please be aware of any class or school specific restrictions like peanuts or tree nuts. It may seem like an inconvenience but convenience is not worth the life of a child.***

Choose an option from each column. Some choices will naturally go well together. You can omit the dessert/snack column.

## Recommendations

Bagel Pizzas with assorted veggies and pasta sauce  
Nachos with pureed beans (unfried beans), faux cheese sauce, and salsa  
Bagel (or tortilla) with hummus and raw veggies  
Bagel (or tortilla) with nut or seed butter and sliced apples and bananas  
Bean Burgers, potatoes, salad (for the burger) and ketchup & mustard  
Noodles with red sauce and salad  
Baked Potatoes with Chili or Barbeque Sauce

## Things to Keep in Mind

Some schools only allot a very small amount of time for lunch. My kids have had as little as 15 minutes and that includes the time it took to stand in line. Ask your child to bring home everything they do not eat so you can get a good idea for how much time they have.

Here are a few more tips to make the lunch rush a bit smoother.

- Pack everything they need like napkins or utensils so they do not waste time waiting for assistance.
- Cut up fruit or veggies to make them easier to eat.
- Invest in quality lunch containers.
- Don't pack too much food.
- Let your child help pack the lunch by giving choices.
- Freeze items that need to be kept cold. They will defrost throughout the day. Use icepacks to keep food cold.
- Prepackage things like sliced veggies so they can easily be added to the lunchbox.
- Make sure the meal isn't too messy. No Build Your Own Pizza on picture day.
- Sandwiches could include nut or seed butter with jelly or sliced banana or apples.
- Buy rolls or mini loaves of bread to make sub style sandwiches with veggies.

Be sure to check out [MyPlantBasedFamily.com](http://MyPlantBasedFamily.com) for more recipes and tips to get your family eating healthy, plant-based, allergy-friendly meals. You can also find support by following My Plant-Based Family on Facebook, Twitter and Google+

