

# LUNCHBOX IDEAS

A THERMOKITCHEN FREE PRINTABLE!



## Back to School

### *Lunchbox Finger Food*

- Zucchini Slice \*
- Corn Fritters \* V
- Cheesymite Scrolls \* V
- Inari Sushi Pocket V
- Quiche Lorraine \*
- Mini Hot Dog Rolls \*
- Leftover Mini Pizza
- Sushi
- Chicken & Vegetable Sausage Rolls \*
- Savoury Muffins \*

### *Sandwich or Wrap Fillings*

- Chicken Mayo & Celery
- Not Quite Nutella N!, V
- Lamb Kofta Rissoles Wraps \*
- Banana & Peanut Butter N! V
- Boiled Egg & Mayo Mash V
- Ham & Cheese Quesadilla

### *Healthy Snacks*

- Babybel Cheese Faces V
- Cheese & Chives Le Snak V
- Salted Pecan Bliss Balls N!, V
- Carrot Cake Bliss Balls N!, V
- Lemon Cheesecake Bliss Balls N! V
- Healthy Nut Bars N!, V
- Sugar-free Banana Bread \*, V
- Homemade Vanilla Yoghurt V
- Air-fried Popcorn
- Hummus & Carrot Sticks, V
- Peanut Butter filled Celery N!, V
- Creamed Cheese filled Celery V
- Mini Banana or Berry Pancakes \* V

### *Treats*

- Homemade LCM Bars \*, V
- Milo Cookies V
- Sultana Slice V
- Double Choc Muffins \*, V
- Snickers Cookies N!, V
- Chocolate Weetbix Slice V
- Momofuku Cornflake Cookies

## Symbols

*Freezer Friendly* = \*

*Vegetarian* = V

*Beware Nuts* = N!



## Quick Lunchbox Inclusions

*Keep these ready in the fridge!*

- Grapes
- Carrot sticks
- Mini Cukes (cucumbers)
- Cherry tomatoes
- Cheese cubes
- Cubed ham
- Cabanossi slices
- Hard boiled Egg

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*Print this guide to stick inside your pantry door!*

## Pantry Staples

*Have these made up in ziplock bags ready to grab and go!*

Homemade Trail Mix

Sultana and dried apple

Rice crackers divided

Pretzel bags

