Master List of Lunch Ideas

Sheet pan nachos	Leftovers	Mexican rice bowls/ taco salad
Loaded baked potatoes/potato wedges	Freezer burritos	Tex-Mex tortilla pizzas
Three cheese & spinach stuffed breadsticks	Stromboli	

SANDWICHES, WRAPS, & ROLL-UPS

- grilled cheese
- buffalo chicken grilled cheese
- grilled cheese with garlicky swiss chard, caramelized onions, & roasted chicken
- peanut butter & jelly
- deli sandwiches
- BLT
- chicken caesar wraps
- chicken salad wraps
- peanut butter and banana roll-ups
- cream cheese and jam roll-ups
- deli meat & cheese roll-ups

QUESADILLAS

- black beans
- pinto beans
- roasted chicken
- cheese (queso fresco, mozzarella, cheddar, etc)
- spinach/ mixed greens
- avocado slices/ guacamole
- salsa/ chopped tomatoes
- chopped peppers
- corn
- ground cumin
- pinch of chili powder

Dip in salsa, guacamole, plain yogurt, sour cream

SOUPS

- honey roasted carrot
- butternut squash & apple
- creamy potato soup
- chicken noodle
- sausage and kale
- extra green broccoli cheese
- white bean & swiss chard
- egg drop soup
- creamy tomato
- cheesy chicken & salsa
- spicy sausage & lentil

PIZZA

- spinach & bacon alfredo pizza
- garlic infused EVOO pizza with proscuitto and bacon
- pesto pizza with ricotta and mushrooms
- marinara sauce & toppings
- buffalo chicken pizza
- Greek/Italian dressing & toppings
- margherita pizza

SALAD

- lettuce/greens
- hard boiled eggs
- roasted chicken
- chopped bacon
- cucumbers
- sunflower seeds

- nuts
- pepper slices
- olives
- cheese (feta, cheddar cheese, goat cheese, parmesan, fresh mozzarella, blue cheese)

- tomatoes
- apple slices
- strawberry slices
- fresh berries
- craisins/dried fruit
- croutons

DIPS, SPREADS, & DIPPERS

- hummus
- tuna salad
- ranch
- pimento cheese
- chicken salad
- pesto

- peanut butter

Dippers:

- pretzel sticks
- carrot sticks

- pepper slices
- cherry tomatoes
- crackers
- french bread/ crostini
- pita slices

PASTA SALAD

- pasta (bowtie, macaroni, orzo, farfalle, etc)
- chopped bacon
- roasted chicken
- pepperoni/salami slices
- chopped ham
- peas
- asparagus
- cherry tomatoes (halved)
- slow roasted cherry tomatoes
- cheese (feta, goat, chopped cheddar, fresh mozzarella, etc)

- chopped spinach
- fresh basil
- almond slices
- grape halves
- olives (black, kalamata, etc)
- celery
- red onion slices

Common Combinations:

- Greek: (kalamata olives, feta cheese, red onion, cucumber slices, cherry tomatoes)

- Mexican: (avocado, black beans, corn, green onion, tomato)
- Italian: (salami, black olives, chopped tomatoes, fresh mozzarella, roasted red peppers)

Dress with oil & vinegar, Italian dressing, Greek dressing, ranch dressing, etc

SNACK LUNCH (Pick 3 or more)

- yogurt parfaits
- pudding cups
- carrot sticks
- fresh fruit
- smoothies
- cheese slices/sticks

- chips & salsa
- carrot raisin muffins
- chocolate zucchini muffins
- popcorn
- veggie straws
- dried fruit & nuts

- sweet broccoli salad
- salami
- hard boiled eggs
- pickles
- applesauce