

# Lunch Tray Ideas

## MAINS

salad bar  
muffins\*  
tuna salad\*  
sheetpan nachos\*  
pigs in a blanket\*  
quesadillas  
orzo w/ bacon & greens\*  
biscuits\* & jam/honey/egg  
caesar salad  
fruity couscous  
banana bread\*  
chicken salad\*  
soup\*

\*recipes on  
[thispilgrimlife.com](http://thispilgrimlife.com)

## CHARCUTERIE

salami  
deli meat  
pepperoni  
summer sausage  
chicken nuggets  
cheddar cheese  
brie  
goat cheese  
pimento cheese  
peanuts, almonds, pistachios  
pickles  
olives

## DIPS & SPREADS

ranch  
peanut butter  
yogurt  
chocolate hazelnut  
cream cheese + jam  
guacamole  
salsa

## TREATS

dates  
yogurt pretzels  
gummi bears  
wafers & cookies  
chocolate peanuts  
canned peaches

## MUNCHABLES

veggie straws  
popcorn  
tortilla chips  
pretzels  
sourdough slices/toast  
multi-grain crackers  
rice cakes  
cheese crackers  
graham crackers  
chips

carrot sticks  
cucumber  
pepper slices  
green smoothies  
coleslaw  
apple slices  
banana  
orange wedges  
grapes  
pineapples  
berries  
pears  
kiwi  
melon

## FRUIT & VEG