

Bento Lunch Ideas



Cherry tomatoes, turkey roll ups, pitas and hummus, grapes and berries, chocolate chips for dessert



Mixed berries, egg salad over spinach leaves, radishes, broccoli and dip, chocolate chips for dessert.



Cherry tomatoes, celery and cream cheese, banana and peanut butter roll ups, mixed berries and chocolate



Mixed berries, mixed veggies, pasta salad, boiled egg, chewy granola bar



Blueberries, cream cheese rollup, celery, apples and peanut butter, whole wheat tortilla and a little chocolate



Carrots, blueberries, banana chips, cucumber and dip, pasta with tomato sauce.