

Protein Ideas for lunch boxes
By Mrs. Humphries' Class

Pizza Roll-up: rolled-up tortilla with sauce, shredded cheese and pepperoni inside

Pepperoni Rolls: frozen Parkerhouse rolls – let thaw – put slice of mozzarella and pepperoni inside and bake according to directions

Tortilla or flatbread rollup ideas:

Bologna and cheese roll-ups

Ham and cheese roll-ups

Cheese roll ups

Maybe serve with mustard dipping sauces

Hummus and pita chips

Boiled Eggs or deviled eggs

Pasta salads with a side of cheese or cheese inside

Sandwiches – change the bread for variety. Try bagels, tortillas, flatbread, dinner rolls, cookie cutter bread slices, crackers or no bread at all

Egg Salad

Tuna Salad

Ham salad

Chicken salad

Cucumber and cream cheese

Cream cheese and olives

Hummus

Spaghetti Sandwich

Meatball Sandwich

Meatloaf Sandwich

Thermos Ideas:

Buttered pasta with parmesan

Spaghetti

Chicken nuggets

Pizza rolls

Meatballs

Soups

Rice a roni with chicken pieces

Macaroni and cheese

Dips: Hummus, cream cheese, soy nut butter

Dippers: cherry tomatoes, pepper slices, celery, carrots, pita chips, crackers

Cream cheese and pumpkin muffins or banana muffins