

Vegetarian Lunchbox Ideas

Sandwiches	Thermos Items
<ul style="list-style-type: none"> • Bagel/English Muffin with Cream Cheese, Lox, Hummus, Tuna, Cheese Slices, Jelly, Avocado • Bread/Challah with Soy Butter, sunflower seed butter, Jelly, Cream Cheese, Hummus, Tuna, Cheese, Egg Salad, Soy Meat • Grilled Cheese • Tortilla Wraps • Veggie burgers • Egg and cheese • Tortilla wrap • Mini bagels 	<ul style="list-style-type: none"> • Mac and Cheese • Vegetarian Soup • Tofu, rice • Rice and cooked vegetables • Pasta Salad, Buttered noodles with Parmesan cheese, with vegetarian sauce, spaghetti, cheese ravioli with tomato sauce, cheese tortellini • Veggie or Cheese Pizza • Veggie Chili with chips • Soy Chicken Nuggets • Veggie or Soy Lasagna • Tuna Noodle Casserole • Smoothies • Scrambled eggs • Beans and rice
Fruits & Veggies	Other Ideas
<ul style="list-style-type: none"> • Apples, pears, cucumbers with yogurt • Carrots, cherry tomatoes, sliced red pepper, cucumbers with hummus or veggie dip • Fruit Salad (strawberries, blueberries, plums, olives, etc) • Celery with Cream Cheese or soy butter • Raisins and/or dried fruit • Chick Peas or Edamame • Cottage Cheese and fruit • Guacamole and chips • Raw zucchini rounds and dip • Salad • Applesauce 	<ul style="list-style-type: none"> • String Cheese • Dry Cereal • Yogurt / Go-Gurt • Hummus & Crackers • Hard Boiled Egg • Veggie / Soy Corn Dogs, Hot Dogs, Chix Nuggets • Fish Sticks • Falafel Balls, Gefilte Fish • Salmon Patty • Quiche • Granola Bars • Quesadillas with cheese, rice, etc. • sushi