



1. Main Compartment

- Nut butter sandwiches: PB&J, PB & banana or PB & honey, sunflower seed butter, almond butter
- Meat sandwiches: turkey, chicken, ham, salami
- Other sandwiches: cheese, hummus, egg salad, tuna salad, tofu, "unturkey"
- Bread options (white or whole wheat) : sliced bread, tortillas, naan, pita bread, bagels, crackers, english muffin
- Pasta (whole wheat or white) with: butter, parmesan and olive oil, pesto, marinara, peas, meatballs, or bolognese
- Baked potato – cut in half
- Cheese and crackers
- Sushi - cucumber, avocado, california roll.
- Hard boiled eggs
- Nuggets – chicken or "unchicken"
- Small burrito or quesadilla
- Ceaser salad
- Cut up pizza
- Pancakes, french toast, waffles
- Other: _____

2. Fruit Compartment

- Berries (strawberries, blueberries, raspberries)
- Cut up apples or pears (sprinkle lemon juice and cinnamon sugar to cover browning)
- Cut up stone fruits (plum, apricots, peaches, nectarines)
- Grapes
- Kiwi
- Cherries
- Melon
- Pineapple
- Mango
- Clementines/satsumas
- Pomegranate seeds
- Dried fruits (raisins, cranberries, mango)
- Other: _____

3. Treat Compartment

- Small cookie
- Yogurt or chocolate covered raisins or pretzels
- Chocolate or candy covered seeds or nuts
- Mini meringues
- Chocolate chips
- Fruit juice gummies
- Mints
- Other: _____

4. Veggie Compartment

- Avocado
- Bell peppers
- Broccoli
- Cucumbers
- Carrots
- Celery
- Green beans
- Peas
- Mushrooms
- Cherry tomatoes
- Zucchini
- Snap peas
- Corn
- Olives
- Jicama
- Edamame (soy beans)
- Roasted potatoes
- Lettuce or baby spinach
- Seaweed (nori)
- Shredded broccoli and carrot slaw
- Other: _____

5. Long Compartment

- Pretzels
- Granola bars
- Bread sticks
- Nuts
- Trail mix
- Cheese stick
- Cheesy crackers
- Popcorn
- Rice cracker mix
- Small rice cakes
- Pita chips
- Potato chips
- Tortilla chips
- Other: _____

6. Little Dipper in Veggie Compartment

- Salad dressing
- Hummus
- Ketchup/mustard
- Nut butter(peanut, almond, cashew)
- Soy sauce
- Guacamole
- Other: _____

7. Big Dipper in the Main Compartment

- Yogurt
- Very wet pasta salads
- Cottage cheese
- Cold chili or stir fry
- Applesauce
- Rice and beans
- Other: _____

PlanetBox helps you pack a well-balanced, well portioned lunch. Here is a list of foods that fit well in each compartment. Ask your child which foods they like and have them add their favorites. You can keep this list on your refrigerator or in your pantry cupboard, and use when grocery shopping and packing your PlanetBox lunch.

