

# 1 Month of Packed Lunch Ideas

1. Pitta pizza, carrot sticks and a yogurt tube
2. Ham wrap, popcorn and sliced grapes
3. Chicken sandwich, rice cakes and melon pieces
4. Cheese bagel, carrot sticks and houmous, raisins
5. Ham and houmous sandwich, pepper sticks, strawberries and sliced grapes
6. Cous cous and chicken, cucumber and cherry tomatoes, banana
7. Grated carrot and houmous wrap, cocktail sausages, cookie
8. Cheese sandwich, rice cakes, sliced grapes and blueberries
9. Pitta pizza, cucumber sticks and a banana
10. Ham wrap, cheese cubes and melon pieces
11. Pitta fingers and houmous, strawberries and a cookie
12. Ham sandwich, cucumber sticks, strawberries, blueberries
13. Chicken wrap, cucumber and cherry tomatoes, yogurt tube
14. Ham bagel, cheese cubes, strawberries and sliced grapes
15. Cheese sandwich, carrot sticks and houmous, apple
16. Pitta pizza, popcorn, yogurt tube
17. Cous cous and chicken, pepper and cucumber, cookie
18. Ham wrap, cherry tomatoes, blueberries and strawberries
19. Pitta fingers and houmous, pepper sticks, banana
- 20.. Ham and houmous sandwich, cherry tomatoes, cucumber, strawberries and grapes
21. Grated carrot and houmous wrap, cheese cubes, yogurt tube
22. Pitta pizza, cocktail sausages and a satsuma
23. Cheese bagel, cucumber and cherry tomatoes, cookie
24. Chicken sandwich, carrot sticks and popcorn
25. Cheese wrap, rice cakes, cucumber and sliced grapes