

simplelunch

sandwiches jelly and cream cheese peanut butter and banana slices cream cheese and cucumber slices almond butter and dried cranberries hummus and cucumber slices cheese and apple slices peanut butter and apple slices sprinkled with cinnamon hummus and pepper slices cheese and tomato slices cream cheese and blueberries cashew butter and raisins apple slices and apple butter more main meals granola and yogurt soup whole grain pasta with parmesan muesli and milk egg salad on whole grain bun pita and hummus almond butter with honey and raisins on brown rice cakes cream cheese and cinnamon sprinkled apple slices in whole wheat pita whole wheat wraps with turkey, apples slices, and cheese fruit and vegetables dried apples dried fruit and nut trail mix celery with almond butter and raisins carrot sticks broccoli and ranch dip grapes and vanilla yogurt for dip bell pepper slices dried papaya sticks strawberries and greek strawberry yogurt for dip dried pineapple rings celery filled with cream cheese and dried cranberries dried apricots healthy grain snacks whole wheat graham crackers whole wheat pretzels tortilla chips popcorn whole grain cookies and I♥ve.