



Bento Box Lunch Ideas Checklist (Picky Eater-Friendly)



TWO MAMA BEARS
SOLVING EVERYDAY MOM DILEMMAS

Main Dish Ideas

Note: Hot items can be packed in the Omiebox, which has a thermos compartment.

Pizza Ideas

- Bagel pizza
- Pizza puff pastry pinwheels
- Pizza cupcakes
- Pizza bierocks

Super Simple Ideas

- Shredded chicken
- Hard-boiled eggs
- DIY Lunchable
- Shredded beef & cheese
- Hummus w/ veg & crackers
- Caprese skewers
- Popcorn chicken with ketchup
- Mini meatballs
- Chicken nuggets
- Deviled eggs
- Fruit dip

Breakfast for Lunch Ideas

- Pancakes w/ peanut butter dip
- Mini waffles w/ maple syrup
- Nutella strawberry crepes
- Mini egg muffins
- Mini bagels with cream cheese
- Yogurt granola parfait
- English muffins with cream cheese

Sandwich Ideas

- Hawaiian roll sandwiches
- Peanut butter & jelly sandwich
- Pulled pork slider
- Mini pita lunchmeat sandwich
- Grilled cheese
- Homemade Uncrustable (any filling)

Tortilla Ideas

- Quesadilla triangles
- Turkey roll-ups
- Strawberry, cream cheese, & walnut pinwheels



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Main Dish Ideas Cont'd

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Pasta Ideas

- Cooked noodles, cubed chicken, & parmesan cheese
- Tortellini
- Summer couscous salad
- Baked mac & cheese bites
- Mac & cheese
- Mini mac & cheese muffin bites

Chocolate Ideas

- Chocolate peanut butter energy balls
- Chocolate chia pudding
- Cottage cheese cookie dough
- Kodiak cakes
- Oat bites

Hot Dog Ideas

- Corn dog muffins
- Pigs in a blanket
- Firecracker hot dogs
- Mini corn dogs

Hidden Veggies

- Spanikopita
- Apple carrot zucchini muffins
- Zucchini fritters
- Spinach muffins
- Zucchini dip
- Chicken pot pie

Exploring Other Cultures

- Arancini
- Avocado sushi
- Chicken empanadas
- Chicken dumplings
- Tzatziki with veggies and pita chips
- Asian turkey meatballs
- Karanji

Misc. Ideas

- Taco bowl
- Ham & cheese pinwheels (w/ crescent roll dough)



Bento Box Product Recs

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OmieBox

The thermos compartment is perfect for warm foods, like mac & cheese or chicken nuggets. Just fill it with hot water and let it sit for about 5 minutes. Then, dump the water, fill it with your heated food, and it'll stay warm until lunchtime. It comes in a variety of colors.

[Buy Now](#)

Bentgo 5-Compartment Lunchbox

This 5-compartment bento box by Bentgo is our favorite lunchbox. It allows you to include a variety of foods – even things your kiddo may not like. Plus, the small center compartment is perfect for little sweets or dips. There are dozens of colors and themes.

[Buy Now](#)



Bentgo Chill Lunchbox

This 4-compartment lunchbox has an ice pack built-in, saving space in your lunch bag. It also has a slightly different layout than the 5-compartment option, which can work better for differently shaped foods. We love having both options in our house!

[Buy Now](#)



Bento Box Product Recs Cont'd

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Bentgo Lunch Bag

This lunch bag comes in a variety of colors and perfectly fits Bentgo lunchboxes. I also like the outer compartment, which is great for things like napkins and silverware.

[Buy Now](#)

Omiebox Lunch Bag

Omiebox also makes their own lunch bag that perfectly fits the Omiebox. You just roll the top and it velcros shut.

[Buy Now](#)



Bentgo Lunch Ice Chillers

These ice packs are fantastic for popping in your child's lunch bag. They're thin, compact, and freeze quickly.

[Buy Now](#)



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