

Lori Bake's Brown Bag Lunch Ideas (www.loribakes.com)

Here are some ideas that will help you pack a Gluten Free Brown Bag lunch. Remember, you are only limited by your imagination. Be creative and think outside of the "lunchbox"!

- Peanuts, nuts and seeds
- Fresh fruit and vegetable chunks
- Homemade **graham crackers**
- Homemade or store bought tortilla wraps with fillings such as apples, raisins, and peanut butter, GF ham and coleslaw, nut butter and banana, turkey and lettuce and carrots, P.B. and jelly or GF salami or bologna with olives
- Sandwiches on **GF bread or buns**
- Homemade **cookies**
- Homemade **mini muffins**
- Store bought GF rice cakes plain or with nut butter
- Homemade **cinnamon raisin bread** with apple butter
- Small snack pack size fruit (**frozen cups**)
- Homemade **granola or granola bars** (plain or variation)
- Homemade **trail mixes** using dry GF ingredients such as cereals, dried fruits, chocolate chips, marshmallows, nuts, seeds, raisins, small candies, pretzels, corn chips, or popcorn
- Spicy or **sugared nuts**
- Homemade or store bought **GF crackers**
- Homemade or store bought pretzels
- GF corn chips, potato chips or sticks, corn tortilla chips and salsa, popcorn
- Fruit kabobs
- **Rolled lunchmeats** like ham, salami and turkey
- GF cereal and milk (your desired brand)
- Homemade **bagels** (plain or as a sandwich)
- Spicy trail mix
- GF pepperoni, GF rice snap crackers and a cheese stick
- Olives or pickles
- Thermos with **soup** or GF hot dog and beans
- **Salads** (fruit, bean, tomato, egg, carrot, potato, pasta, lentil)
- Hard boiled eggs
- GF pancakes rolled up with nut butter and jelly
- Dried fruit pieces or fruit leather
- Homemade fruit sauces or store bought (apple, pear, pineapple)
- Homemade mini **donuts**

- Homemade slices of ***quick breads***
- Homemade ***fruit & nut trail mix***
- Fruit salsa with cinnamon chips or crackers
- ***Quick bread or muffins*** with pumpkin apple butter
- ***Fruit compotes or baked apples***
- Tossed salad with gluten free dressing and ***croutons***
- Leftover ***stew*** or ***chili*** with homemade ***cornbread muffins***
- Yogurt with fruit and ***GF granola***
- Crudités and ***dip(s)***
- ***Bunless burgers***
- ***GF waffles*** or French toast with syrup
- ***Waldorf*** salad
- Jell-O or pudding cups
- Pizza or ***pizza muffins***
- Prepared GF frozen entrees

Recipes for the items that are *italicized and bolded*** can be found within the Lori Bakes Gluten Free cookbooks