

Disposable Lunch Ideas

1. 10 Easy Lunches that Don't Need to Be Refrigerated
<https://www.thekitchn.com/non-refrigerated-lunch-ideas-260361>
2. Locker-Friendly Foods for Your Kid's (or Your) Lunchbox
<https://www.foodnetwork.com/recipes/packages/recipes-for-kids/back-to-school/locker-friendly-foods-for-your-kids--or-your--lunchbox>
3. 63 Work Lunches you Don't Have to Refrigerate
<https://www.epicurious.com/recipes-menus/lunches-you-dont-need-to-refrigerate-gallery>
4. Back to School Non-Refrigerated Lunch ideas for kids
<https://www.foodtown.com/articles/non-refrigerated-lunch-ideas>
5. Disposable Field-Trip Lunch
<https://www.momables.com/disposable-field-trip-lunch/>
6. Lunches You Don't Have to Refrigerate
<https://www.columbusparent.com/article/20110223/NEWS/302239300>
7. Ideas for Non-Perishable Healthy Packed Lunch
<https://www.livestrong.com/article/544122-ideas-for-non-perishable-healthy-packed-lunch/>
8. Ideas for Nonperishable Healthy Packed Lunch
<https://healthyeating.sfgate.com/ideas-nonperishable-healthy-packed-lunch-5015.html>
9. 18 Meal Prep Recipes for When You Have No Microwave or Fridge at Work
<https://workweeklunch.com/no-fridge-or-microwave/>
10. Over 30 Summer Camp Lunchbox Ideas
<https://www.familyfreshmeals.com/2016/07/over-30-summer-camp-lunchbox-ideas.html>
11. Keeping "bag" lunches Safe
https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/keeping-bag-lunches-safe/ct_index
12. The Perfect Field Trip Lunch
<http://realhonestmom.com/the-perfect-field-trip-lunch/>

A word about bacteria:

- bacteria grows most rapidly between the temperatures of 40-140 degrees Fahrenheit.
- Potentially hazardous foods (high in protein and moisture content) should not be left out for more than **2 hours**.
- It is better to pack a cold lunch as bacteria grows more slowly at colder temperatures.
- Yogurt is safe at room temperature for several hours because of the helpful living bacteria cultures that exist in yogurt.
- Hard cheeses are safe to eat at room temperature (cheddar, asiago, parmesan, colby, provolone, gruyere and swiss)

Ways to keep lunch cold AND completely disposable

- freeze yogurt and let thaw during AM
- freeze grapes, raisins, cherries,

Disposable Lunch Ideas

- freeze small bottle of water/juice box that can be disposed of after consumption
- A chicken sandwich can be put in the freezer (with the condiments and lettuce/tomato to be added later stored in the fridge)...or freeze chicken nuggets or other meat which will be thawed in time for lunch
-

THE IDEAS

Fresh/whole fruits/veggies:

sugar snap peas
green beans
broccoli
cauliflower
olives
carrots
cherry/grape tomatoes
celery
peppers
cucumbers
blueberries
strawberries
oranges
bananas
apples
apricots
pears

Cut-fruit

Dried fruit & freeze-dried fruit (like dried mango, strawberries, apples, bananas, pineapple, apricots, raisins, Craisins)

Applesauce

Dried meat (pepperoni, salami, jerky)

Canned foods: fruits, veggies, tuna, chicken

Cheese (put in sack frozen and let thaw during AM)

Grains: Crackers (triscuits, wheat thins, pita chips, sweet potato chips, rice cakes, graham crackers, granola bar); bread (sliced, french bread, roll); tortilla; pretzels; cereals (non sugar)

Dips/spreads: sunbutter, ranch dressing, hummus, guacamole

Bread: sliced, french, roll,

Noodles/pasta/grains: sesame, spaghetti, macaroni, quinoa, soba, rice,

Cooked, cold beans/chickpeas

Tofu

Hard-boiled eggs

Protein bar

Onigiri Rice Balls with Salmon filling

Marinated white beans

Sunbutter & banana pinwheels

Lentil salad

Ham & cheddar muffin (store in freezer at home and put in sack to thaw to room temp by lunch)

Scrambled Chickpea Pita sandwich

Leftover cold pizza

Mini broccoli or ham quiche

Disposable Lunch Ideas