

Tween Bento Box Ideas

Easy, fun, mix-and-match lunch combos tweens actually eat

→ Build Your Bento ←

Mini Sandwiches



Chicken Nuggets



Pasta Salad



Cheese & Crackers



Protein Boost



Fruits



Veggies



Sweet Treat



→ Mix & Match Bento Combos ←

- ☒ **Classic Combo** Mini Sandwich + Grapes + Pretzels + Yogurt
- ☒ **Protein Lover** Chicken Nuggets + Strawberries + Cheese Cubes
- ☒ **Snacky Bento** Crackers + Hummus + Cucumber Slices + Popcorn
- ☒ **Pasta Day** Pasta Salad + Blueberries + Carrot Sticks
- ☒ **DIY Taco Box** Mini Tacos + Chicken + Fruit Cup



→ Tween Choice Item: Pick One! ←



Fun Drink • Extra Snack • Sweet Treat • Sweet Note • Chickens • Surprise Item

→ Bento Packing Tips ←



Mix up colors & textures



Include one "safe food" *



Use silicone cups



Freeze fruit for hot days

