

Camp Kinneret Lunch Ideas!

Use this list to spark ideas about what to pack for lunch for your camper every day!

Tips:

1. Lunches will be stored in a refrigerator until lunch time and cannot be heated up.
2. Campers can pack their lunches in their Camp Kinneret lunch bag or any other similarly sized bag but please do not send hard-sided lunch boxes.
3. Reusable containers are great but please do not send glass!

- Breakfast for Lunch
 - ◆ Waffles
 - ◆ Pancakes
 - ◆ French toast strips
 - ◆ Yogurt with fruit
 - ◆ Bagel with cream cheese or jelly
 - ◆ Mini muffins
 - ◆ Overnight oats
- Dips & Bowls
 - ◆ Hummus with pita chips or veggies
 - ◆ Tuna, egg, or chicken salad with crackers & veggies
 - ◆ Rice, lentil, or grain bowls with meat & veggies
 - ◆ Guacamole with chips & veggies
- Salads
 - ◆ BBQ chicken salad
 - ◆ Greek salad
 - ◆ Taco salad
 - ◆ Cobb salad
- Pizzas & Pastas
 - ◆ Macaroni and cheese
 - ◆ Any type of noodles with sauce
 - ◆ Pasta salad
 - ◆ Ravioli with dipping sauce
 - ◆ Pizza slices
 - ◆ Mini pizzas on English muffins or bagels
 - ◆ Veggie noodles with sauce
- Proteins
 - ◆ Chicken nuggets or chicken strips
 - ◆ Corn dogs or hot dogs
 - ◆ Tofu cubes
 - ◆ Luncheon meats & cheeses
 - ◆ Burger or veggie patty
 - ◆ Hard boiled eggs
 - ◆ Falafel balls
 - ◆ Sausage slices
- Sandwiches & Wraps
 - On tortillas, rice cakes, challah, bagels, sliced bread, croissants, pita, crackers, English muffins, or lettuce wraps!*
 - ◆ Cheese slices
 - ◆ Cream cheese and jelly or sliced fruit
 - ◆ Peanut, almond, soy, or sunflower butter
 - ◆ Tuna, egg, or chicken salad
 - ◆ Sliced lunch meat
 - ◆ Chicken breast
 - ◆ Grilled veggies
 - ◆ BLT (bacon, lettuce, & tomato)
- Sides
 - ◆ String cheese
 - ◆ Cottage cheese, plain or with fruit
 - ◆ Drinkable or squeezable yogurt or yogurt cups
 - ◆ Chips, crackers, or pretzels
 - ◆ Seaweed snacks
 - ◆ Pickles or olives
 - ◆ Sliced fruits or veggies
 - ◆ Applesauce or Jell-o cups
 - ◆ Raisins or other dried fruits
 - ◆ Granola, protein, or fruit bars
 - ◆ Edamame
- Other ideas
 - ◆ Tacos
 - ◆ Burritos
 - ◆ Dumplings
 - ◆ Sushi rolls
 - ◆ Leftovers from dinner the night before!

