

# 5 Bento Box Combos Kids Love

You don't need all of this every day — these are inspiration ideas, not rules.



## 1. The Classic Crunch

- Cheese slices or cubes
- Wholegrain crackers
- Apple slices or pear
- Optional: small biscuit



## 2. Wrap & Roll

- Mini wrap with cheese, chicken or hummus
- Cucumber or carrot sticks
- Yoghurt or custard



## 3. The Leftover Hero

- Cold pasta, rice or noodles
- Cherry tomatoes or corn
- Fresh fruit



## 4. Snack Plate

- Boiled egg (halved)
- Berries or sliced fruit
- Rice cakes or crackers



## 5. Warm & Cosy

*(Great for cooler days)*

- Small thermos with soup, pasta or leftovers
- Fruit
- Crackers or bread



## Bento Box Tips for Kids

- Pack one protein first
- Add one fruit or veg
- Finish with something filling
- Close all lids before putting it in your bag

**If it leaks, squashes or won't close — change it.**