

# "good the next day" bento/lunchbox friendly foods

| proteins | carbs | combo foods   | vegetables | fruits & treats |
|----------|-------|---|------------|-----------------|
|          |       | (Note the main nutrients. E.g. a chicken pasta salad is a protein, carb, veg combo) |            |                 |

Basic bento-friendly foods are ok at room temperature for a few hours

Mark foods that require cooling with a **C**

Mark hot/warm foods that need to be carried in an insulated container with an **H**