

Bento Grocery List

Week 1

protein

pre-cooked chicken nuggets
salami
hot dogs
pepperoni

grains

bagels (full size or mini)
rotini or penne pasta
frozen mini waffles
sandwich bread
naan dippers

dairy

cream cheese spread
string cheese
yogurt & yogurt tubes
sandwich cheese
shredded mozzarella

veggies

frozen peas & carrots
bell pepper
baby carrots
cucumber

fruit

strawberries
honeydew melon
berries
oranges
grapes
olives

sauces

marinara
ketchup
ranch
maple syrup

treats

chocolate chip cookies
pocky sticks
biscoff sandwich cookies
sour gummies
oreos

Week 2

protein

pre-cooked meatballs
sausage links
beef sticks
pre-cooked chicken

grains

spaghetti noodles
frozen mini waffles
naan dippers
rice

dairy

yogurt tubes
babybell cheese
yogurt smoothie drinks
shredded mozzarella

veggies

broccoli
baby carrots
pickles
sweet potato

fruit

canned peaches
strawberries
melon
avocado
grapes
canned pineapple

sauces

marinara
ketchup
ranch
maple syrup

treats

chocolate chip cookies
m&ms
Hi-Chews or Starburst
sour gummies
mini chocolate bars

Week 3

protein

sliced ham
sliced turkey
grilled chicken
chick-fil-a nuggets
frozen dumplings
frozen edamame

grains

hawaiian rolls
fettucine noodles
frozen mini waffles
tortillas
refrigerated crescent rolls

dairy

sliced cheese
yogurt
shredded mozzarella

veggies

bell peppers
baby carrots
frozen green beans
frozen peas
pickles

fruit

strawberries
apples
oranges
berries
pear

sauces

alfredo sauce
bbq sauce
polynesian sauce
marinara
ketchup
ranch

treats

mini powdered donuts
sour gummies
chocolate chip cookies
m&ms
Hi-Chews or Starburst