Vegan Lunch Box

Never fear! Putting together a vegan lunch box is fun and easy!

**Main Dish**
Veggie wraps, PB & J, bagels with vegan cream cheese, oatmeal or granola with fruit, vegan deli sandwiches, pasta salad...

**Snacks**
Fresh fruit, veggies and hummus dip, almonds, raisins, peanut butter and apples, potato chips, pita chips, vegan yogurt, graham crackers, Chex Mix...

**Liquids**
Vegetable Soup thermoses, orange juice, sweet tea, vegan chocolate milk (almond, coconut, or soy), soda pop, good old fashioned water...

**Extra Treats**
Oreos, Skittles, Justin’s dark chocolate peanutbutter cups, brown sugar pita chips, vegan pudding cups...

**Look out for these vegan friendly brands in your local grocery store!**

- Milk, Yogurt, Pudding
  - Almond Breeze
  - Silk
  - Kite Hill
  - So Delicious
  - Tofutti
  - Zen Organic

- Deli Slices/Cheese
  - Daiya
  - Field Roast
  - Tofurky
  - Follow Your Heart
  - Miyokos
  - So Delicious

- Frozen Meals/Other Meat Alternatives
  - Gardein
  - Beyond Meat
  - Sweet Earth
  - Amy’s Vegan Meals

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