

Hi all!

I hope you find this list of Gluten Free Lunch Box Ideas helpful!

I've included ideas that are kid-friendly, delicious, and easy to pack.

I wanted to share my favorite brands and ideas because I know how overwhelming it can be to make a major dietary change and how long a grocery run can take if you have to read hundreds of labels.

Hopefully this list can put you in the right direction and ease some of that chaos! We all have different health requirements, preferences, etc. Be sure to always check your packages to make sure what you are buying is gluten-free and doesn't conflict with other dietary restrictions you might have.

Please note: Companies do change how they manufacture things from time to time, so just be aware that I have provided the best information possible, but you ultimately are the one who needs to check those labels to confirm that the product is indeed gluten free!

I have seen this change just in the past few years, with Miss Vickie's Chips - they used to be gluten free, but they added a new flavor to the line and now they are not marked as gluten free. So keep reading those labels!

And of course, the best option for a healthy gluten free lunch will be leftovers. My husband likes to take rice dishes, soups, and pot roast as these items reheat well. If you have a child who doesn't have access to a microwave, look into getting a Thermos Funtainer for lunches. It can keep hot items hot until lunch time.

Of course, there are many more brands that are gluten free - these are the ones I buy the most frequently for myself and my family. I know how disappointing it can be to buy a new expensive gluten free treat and then it tastes like cardboard....so I wanted to be sure to share all the BEST stuff with you!









If you have any questions at all, feel free to reach out!

Crystal Garman
Simply Full of Delight



GLUTEN FREE LUNCH BOX IDEAS



- Great Value Cheese Cubes
- Frigo String Cheese 
- Individual Packs of Pistachios (Wonderful brand)
- Dukes Shorty Sausages
- Glutino Pretzels 
- Hormel Natural Choice Lunch Meat & Pepperoni
- JIF Peanut Butter 
- Sam's Club Better Nut Bars & Better Muffin Bars
- Chomps Jerky - we like the turkey the best!
- Nut Thins Crackers 
- Simple Mills Pop Mmms Cheese Crackers
- Gluten Free Cheez-its
- Veggies with Hidden Valley Ranch dressing 
- Sams Club Guacamole Cups
- Veggies like carrots, snap peas, mini sweet peppers, celery
- Fruits like apples, oranges, grapes strawberries, blueberries
- Applesauce Cups 
- On the Border Cantina Tortilla Chips or Great Value brand
- Individual cups of Salsa 
- Individually Packaged Gluten Free Oreos and Chips Ahoy cookies
- Kind Bars - Chewy Chocolate chip
- Welch's or Mott's Fruit Snacks
- Canyon Bakehouse Gluten Free Bread (not frozen is best)
- FISHER Sea Salt Dry Roasted Peanuts 
- Second Nature Wholesome Medley Trail mix
- Catalina Crunch Protein Snack Mix
- R W Garcia Sweet Potato Crackers and Corn Chips
- Lay's Stax or Plain Lay's Potato Chips