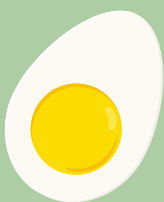


SCHOOL LUNCH IDEAS

Build a lunch using items from each group!

PROTEINS

Chicken Slices
Turkey Roll Ups
Deli Ham
Hard boiled Eggs
Nut Butter (Peanut free!)
Tuna
Salmon
Edamame
Chickpeas
Hummus



VEGETABLES

Carrot Sticks
Celery Sticks
Bell Pepper Strips
Cherry Tomatoes
Snap Peas
Broccoli Florets
Cauliflower
Sweet Mini Peppers
Zucchini Sticks
Radishes
Snow Peas
Cucumbers



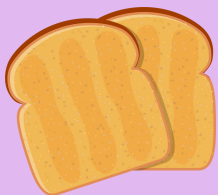
FRUITS

Apple Slices
Grapes (quartered)
Banana
Strawberries
Blueberries
Orange Slices
Kiwi
Mango Slices
Peaches
Watermelon
Cantaloupe
Honeydew



GRAINS

Whole Wheat Bread
Pita
Rice
Tortilla
Pasta
Granola Bar
Rice Cake
Pretzels
Mini Bagel
Corn
Cornbread
Banana Bread



DAIRY

Cheese Sticks
Cheese Cubes
Greek Yogurt
Fruit Yogurt
Cottage Cheese
Babybel Cheese
Cream Cheese
Laughing Cow Wedges



TREATS

Crackers
Fig Newtons
Graham Crackers
Fruit Leather
Small Cookie
Chocolate Chips
Cacao Nibs
Dried Fruit
Rice Krispy Treat
Pudding Cup
Granola
Raisins (preschool age)



SAMPLE LUNCHES:

Chicken Quesadilla, with cherry tomatoes, apple slices & a small cookie

Tuna & Cucumber slices on whole wheat bread with cream cheese; Kiwi & cacao nibs

Banana bread with cashew butter, sweet mini peppers, yogurt with blueberries & granola