

What to Pack for Lunch

Choose one protein

- Beans
- Deli Meat
- Nuts or Nut Butter
- Chicken
- Hard Boiled Egg
- Tuna

Choose at least one vegetable

- Bell Peppers
- Cherry Tomatoes
- Lettuce/Salad
- Carrots
- Cucumber
- Mushrooms
- Celery
- Edamame
- Olives

Choose at least one fruit

- Apple/Applesauce
- Berries
- Melon
- Avocado
- Grapes
- Oranges
- Banana
- Kiwi
- Pineapple

Choose one dairy item

- Cheese
- Cream Cheese
- Ricotta
- Cottage Cheese
- Milk
- Yogurt

Choose one grain item

- Bagel
- Granola Bars
- Pretzels
- Cereal
- Muffin
- Rice Cakes
- Crackers
- Pasta
- Tortilla

Choose up to one dessert

- Candy
- Cookies
- Marshmallows
- Chocolate Chips
- Gelatin
- Pudding