

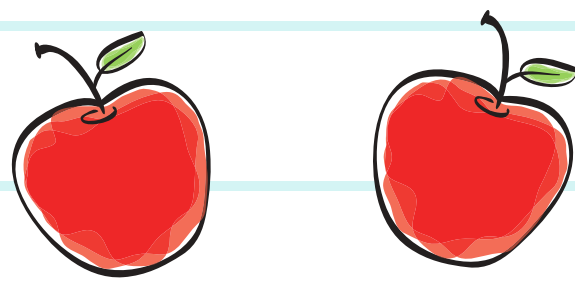
PACK A LUNCH

GRAIN

- Bagel
- Mini Muffins
- Rice
- Wrap or Tortilla
- Crackers
- Sandwiches
- Cereal
- Mini Pancake/waffle

PROTEIN

- Peanut Butter
- Chicken Strips
- Hard-boiled egg
- Tuna
- Hummus
- Ham & Cheese roll up
- Black Beans



VEGGIES

- Carrots and Dip
- Cucumber Slices
- Celery
- Salsa
- Lettuce
- Broccoli & Cauliflower
- Pepper Slices

FUN ITEM

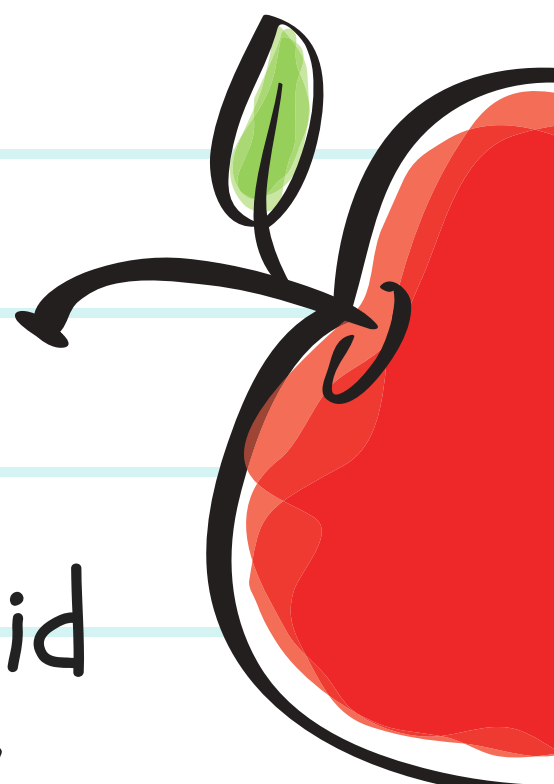
- Pretzels
- Crackers
- Fruit Snacks
- Cookies
- M&M's/Chocolate Chips
- Graham Crackers
- Pudding

DAIRY

- Yogurt
- Cheese Sticks/Cubes
- Milk
- Frozen Go-gurt

FRUIT

- Sliced Fruit
- Fruit Pouches
- Dried Fruit
- Fruit and Dip



Whether it's back to school or just need to switch things up - try these healthy lunch options!

