

LUNCHBOX CHEATSHEET

ALLOW YOUR CHILD TO CHOOSE 1-2 ITEMS FROM EACH CATEGORY BELOW TO
CREATE A WELL-BALANCED LUNCH

PICK YOUR PROTEIN

DELI MEAT
HARD-BOILED EGGS
TUNA SALAD
HUMMUS
CHEESE STICK
ALMONDS
COTTAGE CHEESE
YOGURT
EGG SALAD
TOFU
CHICKPEA PASTA
BEEF STICK
QUINOA
BEANS
SCHOOL SAFE NUT BUTTER
ROTISSERIE CHICKEN
CHICKEN SALAD

PICK YOUR GRAIN

WHOLE WHEAT BREAD
TORTILLA
PITAS
CRACKERS
BROWN RICE
NOODLE SOUP
PASTA
ENGLISH MUFFIN
GRANOLA BAR
GRAHAM CRACKERS
QUINOA
PANCAKES
POPCORN
PRETZELS
MUFFINS
MAC AND CHEESE
OATMEAL

PICK YOUR FRUIT

STRAWBERRIES
BANANA
APPLE SLICES
MANDARIN ORANGES
FREEZE DRIED FRUIT
RAISINS
DRIED FRUIT
MANGOS
BLUEBERRIES
GRAPES
KIWI
RASPBERRIES
GRAPEFRUIT
PEARS
APPLESAUCE
FRUIT LEATHER
WATERMELON

PICK YOUR VEGETABLE

CARROTS
CUCUMBERS
BELL PEPPERS
BROCCOLI
CAULIFLOWER
SUGAR SNAP PEAS
VEGGIE MUFFINS
GRAPE TOMATOES
CELERY
FREEZE DRIED VEGGIES
ROASTED SWEET POTATOES
LETTUCE SALAD
TOMATO SLICES
CAULIFLOWER RICE
SWEET POTATO FRIES
FROZEN PEAS

PICK YOUR BEVERAGE

WATER
SKIM MILK
MILK OF CHOICE