

# Pack Your Lunch



## Grain

- Sandwich
- Roll-up
- Quesadilla
- Waffles
- Pretzels
- Homemade Bread or Muffins
- Rice
- Pasta Salad
- Quinoa
- Bagel
- Pizza
- Rice Cakes
- Crackers



## Veggies

- Cucumbers
- Carrots
- Broccoli
- Cauliflower
- Snap Peas
- Celery
- Sweet Peppers

- Grape Tomatoes
- Avocado
- Spinach
- Salad
- Beets
- Sweet Potatoes
- Green Beans
- Kale Chips

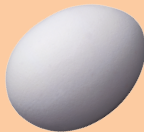


## Fruit

- Banana
- Blueberries
- Oranges
- Strawberries
- Blackberries
- Raspberries
- Apple
- Pear
- Mango
- Homemade Applesauce
- Pomegranate
- Kiwi
- Grapes
- Peach
- Melon
- Nectarine



- Hummus
- Cream Cheese
- String Cheese
- Peanut Butter
- Almond Butter
- Sunflower Butter
- Veggie Burger
- Chicken
- Turkey
- Yogurt
- Cashews
- Hard Boiled Egg
- Pistachios
- Seeds
- Chickpeas
- Beans
- Cheese Curds
- Salmon
- Tuna
- Oatmeal
- Cottage Cheese
- Smoothie
- Egg Salad
- Soup



## Protein