

How to Pack a School Lunch



A Main Course

- Sandwich
- Hot Dog
- Meat Rolls
- Pizza Pretzel
- Quesadilla
- Tuna Salad & Crackers
- Tortilla Roll Ups
- Muffin Pot Pie
- Pizza Muffin
- Pita & Hummus



A Fruit or Veggie

- Orange Segments
- Apple Slices
- Pineapple Chunks
- Mandarin Oranges
- Carrot Sticks
- Cucumber Sticks
- Celery Sticks
- Jicama Sticks
- Cherry Tomatoes
- Grapes
- Peach Slices
- Banana Coins
- Green Beans
- Fruit Cocktail
- Dried Fruit
- Pepper Slices
- Broccoli
- Cauliflower
- Pear Slices
- Watermelon



A Snack

- Cheese
- Pretzels
- Popcorn
- Craisins
- Boiled Egg
- Rice Cake
- Crackers
- Pickle
- Trail Mix
- Cereal
- Go-gurt



A Drink

- Water
- Juice
- Lemonade
- Capri Sun
- Fruit Water



Make substitutions and additions as desired.

High protein foods will help kids stay fuller longer.



A Treat

- Fruit Snacks
- Cookies
- Brownie
- Fruit Leather
- Candy



TIPS FOR SUCCESS:
Choose one item from at least three categories.

Don't forget to seal all the ziplock bags.