

Lunch Box mix & match

MAIN

hard boiled egg
tortilla roll up
sandwich:
turkey
ham
chicken
pb&j
tuna

grilled chicken
cottage cheese
soup (thermos)
dinner leftovers
pita pockets
mac-n-cheese

FRUIT

blueberries
strawberries
cherries
nectarine
peach
banana
apple
grapes
plum
kiwi

melon
mango
clementine
orange
banana
raspberries
watermelon
mandarin oranges

VEGGIE

baby carrots
celery sticks
sugar snap peas
cucumber slices
cherry tomatoes
broccoli
peppers
salsa
cole slaw
lettuce salad

SNACK

goldfish crackers
raisins/craisins
tortilla chips
mini-muffins
rice cake
yogurt
pretzels
trail mix
cheese
popcorn

granola bar
cookies
fruit bar
cereal (dry)
pudding
baked chips
yogurt raisins
rice krispie treat
graham crackers