

# pack YOUR OWN LUNCH!

## Protein, Grains, and Dairy

- Turkey and Cheese Sandwich
- Ham and Cheese Sandwich
- Peanut Butter and Jelly Sandwich with Cheese or Yogurt
- Macaroni and Cheese with Chicken
- Ham Roll ups with Crackers/Pretzels/Popcorn and Cheese
- Turkey Roll ups with Crackers/Pretzels/Popcorn and Cheese
- Noodles with Egg and Cheese or Yogurt
- Salad with Chicken and Egg or Nuts
- Pizza Crust, Cheese, and Pepperoni

## Fruits

apple slices, strawberries, blueberries, banana slices, raspberries, blackberries, watermelon chunks, pear slices, apple sauce, peach slices, cherries, grapes, kiwi slices.

## Dip or Treat

## Vegetables

carrots, bell peppers, broccoli, salad, celery, cucumbers, squash slices, zucchini slices, tomatoes, celery sticks

**Don't Forget your water!**

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Fruits

Dip or  
Treat

Vegetables

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## Dairy

cheese stick, cheese cubes, yogurt, cottage cheese, scrambled eggs, boiled eggs

## Fruits

apple slices, strawberries, blueberries, banana slices, raspberries, blackberries, watermelon chunks, pear slices, apple sauce, peach slices, cherries, grapes, kiwi slices.

## Protein

turkey roll ups, ham roll ups, pepperoni, chicken, almonds, cashews, eggs, walnuts, pecans, shrimp, hummus, chickpeas , fish

## Grains

whole wheat bread, pretzels, tortilla chips, crackers, popcorn, noodles, oatmeal, granola, whole wheat cereal, quinoa, rice, bagels, muffins, tortillas, pita bread, croutons, pancakes, waffles, toast

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# Acknowledgements

