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# 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

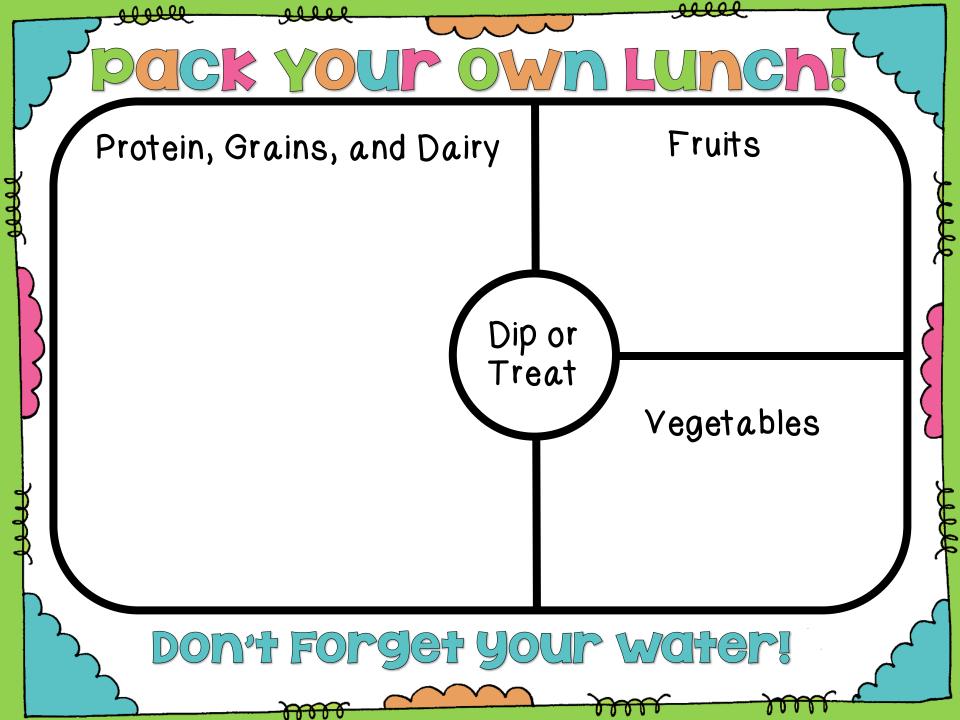
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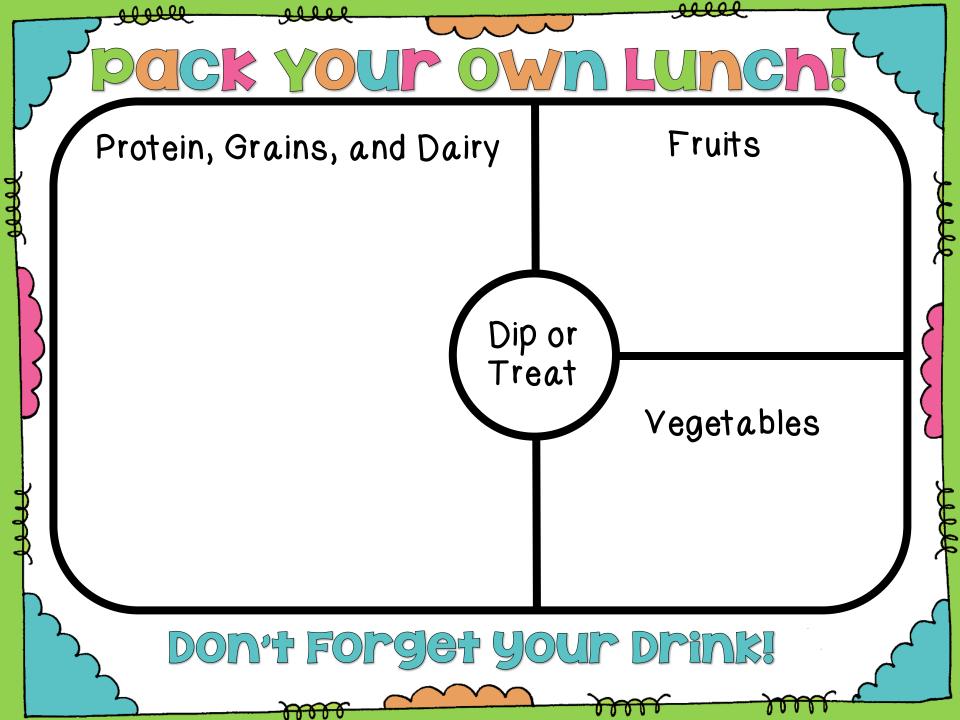
Dip or Treat

## Vegetables

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## Don't Forget your Drink!





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## Dairy

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

#### 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

#### Fruits

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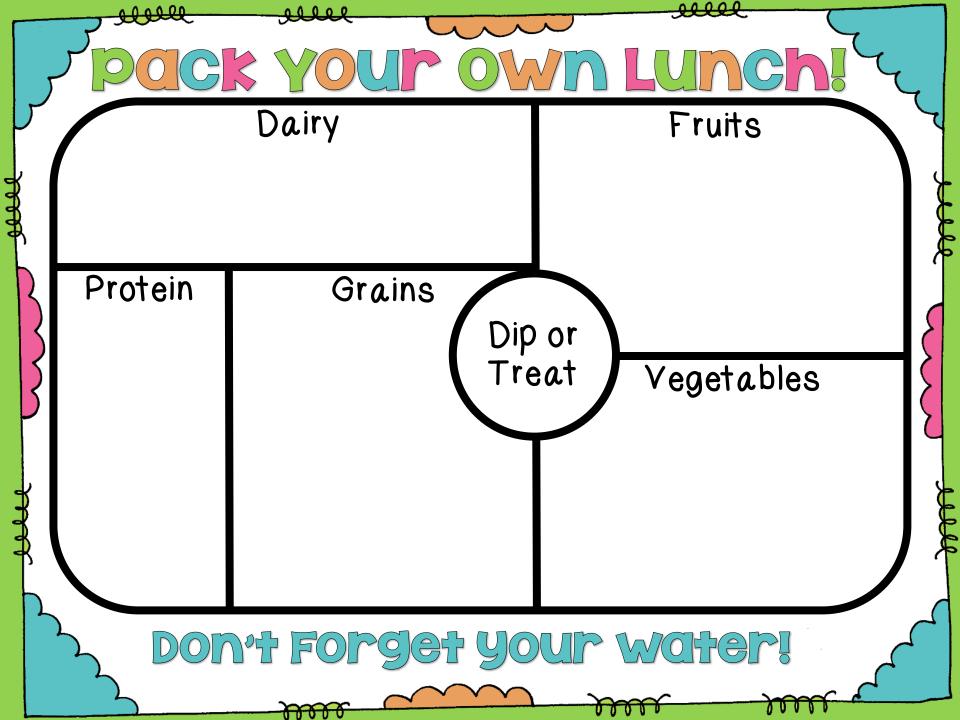
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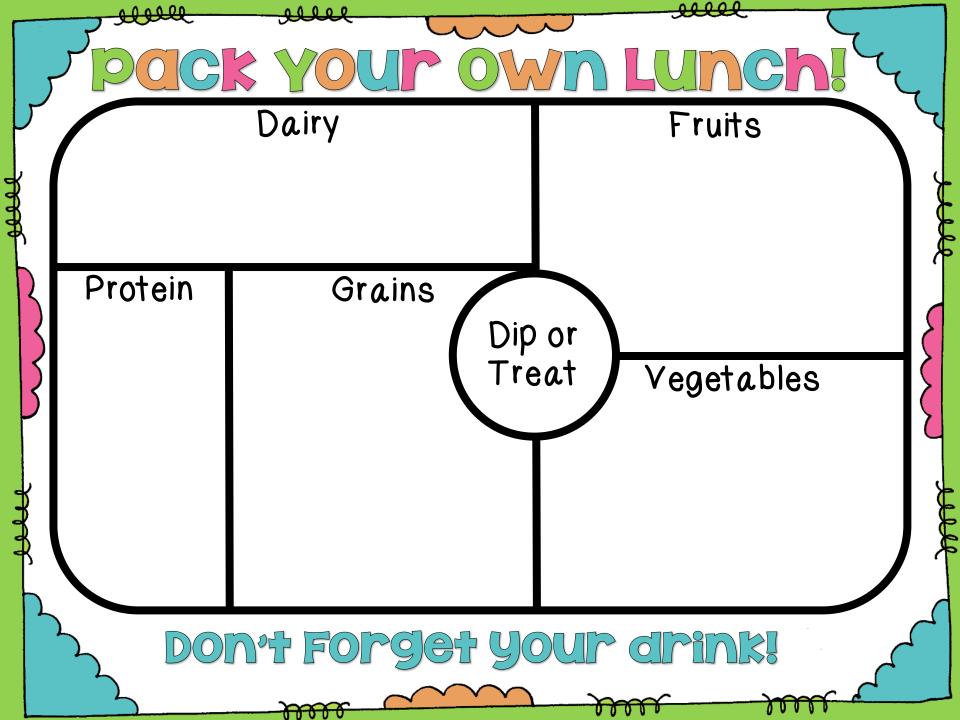
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# Acknowledgements





