

Let's Pack a Lunch

Choose 1 item from each category

Don't forget a plastic FORK, SPOON, or KNIFE!

Main Dish

Leftovers
Sandwich
Tortilla Wrap
Bean Burrito
Breakfast Burrito
Meatballs & Rice
Pasta
Cheese/Crackers/Lunchmeat

Fruits/ Veggies

Fresh Fruit: Banana, Mandarin Orange, Apple, Pear,
Strawberries, Grapes
Dried Fruit: Mangos, Craisins, Fruit Leather
Applesauce
Fresh Veggies: Carrots, Cucumber, Peas

Carbs

Crackers: Goldfish, Ritz, etc
Chips
Popcorn
Pretzels
Veggie Straws

Extras

Beef Jerky
Cheese: Stick, Slices, BabyBel, Laughing Cow
Hummus
Yogurt
Cashews
Hard Boiled Egg
Granola Bar
Trail Mix

