

Lunch Box Checklist

Pick one from each category. Mix & Match!

Fruits



Apples



Pineapple



Blueberries



Oranges



Watermelon



Cantaloupe



Strawberries



Bananas

Starches



Bagel



Bread



Crackers



Pasta



Pretzels

Vegetables



Tomatoes



Broccoli



Carrots



Celery



Cucumber



Peppers



Peas

Proteins



Deli meat



Egg



Tofu



Nuts



Peanut butter

Dairy



Cheese



Milk



Yogurt



Healthy Snack Ideas



Yogurt with fresh fruit



Healthy granola bar



Veggie sticks with ranch dressing



Fruit and nuts



Ants on a log



Hard boiled egg and a piece of fruit



Cheese and crackers



Fruit and a piece of cheese



Guacamole and tortilla chips