

# Lunch Box Checklist

## Fruits



Apples



Pineapple



Blueberries



Oranges



Watermelon



Cantaloupe



Strawberries



Bananas

## Starches



Bagel



Bread



Crackers



Pasta



Pretzels

## Proteins



Deli meat



Egg



Tofu



Nuts



Peanut butter

## Vegetables



Tomatoes



Broccoli



Carrots



Celery



Cucumber



Peppers



Peas

## Dairy



Cheese



Milk



Yogurt

Pick one from each category.  
Mix & Match!



# 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