



## 'Pack-a-lunch' ideas:

### GRAIN

Sandwiches  
Bagel  
Pasta (salad)  
Mini muffins  
Leftovers  
Rice  
Wraps or tortillas  
Roll/Slice of bread  
Crackers  
Cereal or granola bar  
Mini pancakes/Waffles

### PROTEIN

Chickpeas  
Hard-boiled eggs  
Peanut butter  
Hot dog  
Hummus  
Meat kabobs  
Tuna  
Chicken strips  
Black beans  
Meat roll-ups  
Meat & cheese wrap

### VEGGIES

Carrots (&dip)  
Olives  
Cucumber slices  
Pepper slices  
Celery  
Peas  
Corn  
Tomatoes  
Lettuce or greens  
Broccoli  
Cauliflower

### FUN ITEMS

Pretzels  
Chips/crackers  
Nut free cookies  
Graham crackers  
Marshmallows  
Jello or pudding

### DAIRY

Yogurt  
Cheese sticks/cubes  
Yogurt drink  
Yogurt tube  
Milk

### FRUIT

Sliced fruit  
Fruit pouches  
Apple sauce  
Dried fruit  
Fruit juice

