

LUNCH PACKING GUIDE

PROTEIN



Pepperoni
Cheese
Chicken
Yogurt

Hummus Dip
PB&J Sandwich
Hard boiled egg
Quesadilla

Nuts

VEGETABLES



Salad
Peas
Carrots

Tomatoes
Cucumbers
Peppers

Celery
Broccoli

FRUIT



Apple
Applesauce
Orange

Banana
Grapes
Blueberries

Dried Fruit

SNACK



Fig Bar
Fruit Leather
Chips

Popcorn
Pretzels
Pickles

Cereal
Goldfish
Rice Cakes

DRINK



Water

Juice Box

Milk