

SCHOOL LUNCH PACKING CHART

Check 3 or 4 from each category for **school lunch** next week.

MAIN

- Sandwich
 - Whole wheat bread
 - Whole wheat pita
 - PB & J
 - PB & honey
 - Cheese
 - Hummus
 - Organic ham
 - Organic turkey
 - Lettuce
 - Sliced pickle
 - Sliced cucumber
 - Mustard
 - Mayo
- Bagel and cream cheese
 - With cucumber slices
- Cheese and crackers
- Cheese quesadilla (cold)
- Deviled eggs
- Egg salad
- Grilled cheese (cold)
- Oatmeal
 - Hot Cold
- Pasta salad
- Smoothie
- Waffle and cream cheese sandwich
- Whole wheat pita pizza
- Whole wheat pita triangles and hummus
- Other (write in): _____

FRUIT & VEGGIES

- Apple (red)
- Apple (green)
- Applesauce
- Avocado half
- Banana half
 - With peanut or other nut butter
- Bell peppers, sliced
- Blueberries
- Broccoli (raw or cooked)
- Cantaloupe
- Carrots
- Celery
 - With peanut or other nut butter
 - With raisins
- Cherries*
- Cherry tomatoes
- Cucumber
- Dried fruit (raisins, apricots, apple, or other)
- Frozen peas
- Grapefruit
- Grapes*
- Honeydew melon
- Kiwi
- Mango*
 - Olives
 - Oranges
 - Big Small
 - Papaya*
 - Peach*
 - Pear
 - Pickles
 - Pineapple
 - Plum*
 - Pomegranate seeds (fresh or frozen)
 - Radish slices
 - Raspberries
 - Star fruit*
 - Strawberries*
 - Sugar snap peas
 - Watermelon*
 - Other (write in): _____

* seasonal/can't always get

GRAIN OR SNACK

- Brown rice cakes
 - With peanut or other nut butter
 - With raisins
- Cheese cubes/slices
- Chickpeas
- Crackers
- Edamame
- Granola chunks
- Hard-boiled egg
- Muffin
- Popcorn
- Powerballs (homemade)
- Snack bar
- String cheese
- Trail mix
- White bean dip
 - Other dip (write in): _____
- Whole wheat noodles
- Whole wheat pretzels
- Yogurt
- Other (write in): _____

