

LUNCH BOX CHECKLIST

Pick One: Main Dish

sandwich salad cheese+crackers waffles
rice+beans pasta salad oatmeal wrap
quesadilla soup hard boiled eggs

Pick Two: Fruits and Veggies

apples oranges carrots celery cucumbers
watermelon strawberries grapes peppers cherry
tomatoes blueberries broccoli kiwis pears peaches

Pick One: Side

crackers pretzels mini muffins Goldfish crackers
rice pasta granola bar pita+hummus dry cereal
popcorn tortilla chips graham crackers

Pick One: Drink

milk water