






KID'S SCHOOL LUNCH IDEAS

Hang in a cupboard for you or your kids to refer to when making lunches

<p>Fruits & Vegetables (choose 1)</p> <p>100% juice drink carrots & dip celery sticks w/peanut butter apple slices orange slices applesauce cup fruit cup raisins or dried fruit kiwi banana grapes peaches strawberries</p>	 
<p>Grains (choose 1)</p> <p>pretzel sticks graham crackers whole-wheat crackers bagel cereal in a baggie granola bar oatmeal cookie</p>	
<p>Water (choose 1)</p> <p>Bottled water</p>	

<p>Milk, Cheese, yogurt (choose 1)</p> <p>yogurt cup yogurt tube string cheese cheese milk</p>	
<p>Meat or Protein (choose 1)</p> <p>tuna sandwich ham sandwich PB sandwich snackables peanut butter crackers nuts beef jerky</p>	
<p>Treats (choose 1)</p> <p>pudding cup fig bars brownie cookies chips fruit roll-up</p>	