

How to Pack a School Lunch

Source: www.whilehewasnapping.com

A Main Course

Sandwich
Hot Dog
Meat Rolls
Pizza Pretzel
Quesadilla
Tuna Salad & Crackers
Tortilla Roll Ups
Muffin Pot Pie
Pizza Muffin
Pita & Hummus

A Fruit or Vegetable

Orange Segments	Peach Slices
Apple Slices	Banana Coins
Pineapple Chunks	Green Beans
Mandarin Oranges	Fruit Cocktail
Carrot Sticks	Dried Fruit
Cucumber Sticks	Pepper Slices
Celery Sticks	Broccoli
Jicama Sticks	Cauliflower
Cherry Tomatoes	Pear Slices
Grapes	Watermelon

A Snack

Cheese
Pretzels
Popcorn
Craisins
Boiled Egg
Rice Cake
Crackers
Pickle
Trail Mix
Cereal
Yogurt

A Drink

Water
Juice
Lemonade
Capri Sun
Fruit Water

A Treat

Fruit Snacks
Cookies
Brownie
Fruit Leather
Candy

Tips for Success

Make substitutions and additions as desired.

High protein foods will help kids stay fuller longer.

Choose one item from at least three categories.

Don't forget to seal all the zipper bags.

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