

# PICK AND CHOOSE PACKED LUNCH ITEMS

Not sure what to pack in your kids' lunch? Use this handy chart for reference, and pick one item from each section. Use the extra spaces to add your own favorites!

## *dairy*

cheese cubes or sticks
_____
yogurt
_____
cottage cheese
_____
_____
_____

## *protein*

hummus
_____
hardboiled egg
_____
chicken or tuna salad
_____
_____
_____

## *fruit*

kiwi
_____
melon
_____
blueberries
_____
_____
_____

## *vegetable*

carrot sticks
_____
cucumber
_____
bell pepper
_____
_____
_____

## *snack*

pretzels	popcorn
_____	_____
fruit leather	cheese crackers
_____	_____