

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
yogurt

protein

hardboiled egg
hummus
chicken or tuna salad

fruit

kiwi
melon
blueberries

vegetable

carrot sticks
cucumber
bell pepper strips

snack

pretzels
fruit leather
popcorn