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# HOW TO PACK A LUNCH



## **Choose a Main Course** [Mom will prepare]:

- \* Turkey cheese rolls
- \* PB&J sandwich
- \* Cheese/chicken quesadilla
- \* Peanut butter banana boat
- \* Chicken Salad sandwich
- \* Meat/cheese wrap
- \* Club sandwich
- \* Meat and cheese spears
- \* Tuna dip sandwich
- \* Pizza Bites

## **Choose a Fresh Side** [bottom fridge cubby]:

- \* Fresh fruit
- \* Hummus and veggies
- \* Yogurt
- \* Ants on a log
- \* Cheese sticks/cubes
- \* Applesauce

## **Choose a Snack** [purple pantry bin]:

- \* Goldfish
- \* Crackers
- \* Chips
- \* Raisins
- \* Popcorn
- \* Pretzels

## **Choose a Treat** [green pantry bin]:

- \* Fruit Snacks
- \* Jello
- \* Fruit Roll-Up
- \* Cookies
- \* Pudding
- \* Chocolate granola Bar