

PICK YOUR LUNCH!

just mark what you want
& ENJOY!

MAIN BITE!

- 👉 Nut butter sandwiches: PB&J, PB & banana or PB & honey, sunflower seed butter, almond butter
- 👉 Meat sandwiches: turkey, chicken, ham, salami
- 👉 Other sandwiches: cheese, hummus, egg salad, tuna salad, tofu, "unturkey"
- 👉 Choose your cheese: Monterey Jack, Cheddar, Colby or Swiss
- 👉 Bread options (white or whole wheat): sliced bread, tortillas, pita bread, bagels, crackers, english muffin
- 👉 Pasta: mac & cheese, butter, parmesan & olive oil, pesto, marinara, meatballs
- 👉 Baked potato: sour cream, chili and cheese, butter or bacon
- 👉 Cheese and crackers
- 👉 Sushi: cucumber, avocado, California roll
- 👉 Hard boiled eggs
- 👉 Nuggets: chicken or "unchicken"
- 👉 Burrito or quesadilla
- 👉 Salad: caesar, garden, potato
- 👉 Pizza: cheese, meat, supreme
- 👉 Pancakes, french toast, waffles
- 👉 Other: _____

FRUIT!

- 👉 Berries (strawberries, blueberries, raspberries)
- 👉 Cut up apples or pears
- 👉 Cut up stone fruits (plum, apricots, peaches, nectarines)
- 👉 Grapes
- 👉 Kiwi
- 👉 Cherries
- 👉 Melon
- 👉 Pineapple
- 👉 Mango
- 👉 Clementines/satsumas
- 👉 Pomegranate seeds
- 👉 Dried fruits (raisins, cranberries, mango)
- 👉 Other: _____

SNACKS!

- 👉 Cheese stick
 - 👉 Cut-out cheese shapes
 - 👉 Yogurt fruit parfait
 - 👉 Ants on a log
 - 👉 Cheesy crackers
 - 👉 Granola bars
 - 👉 Other: _____
- 👉 Rice cracker mix
 - 👉 Bread sticks
 - 👉 Small rice cakes
 - 👉 Potato chips
 - 👉 Tortilla chips
- 👉 Pretzels
 - 👉 Nuts
 - 👉 Trail mix
 - 👉 Popcorn
 - 👉 Pita chips

TREATS!

- 👉 Small cookie
 - 👉 Frozen yogurt sticks
 - 👉 Fruit juice gummies
 - 👉 Mini meringues
 - 👉 Yogurt or chocolate covered raisins or pretzels
 - 👉 Chocolate or candy covered seeds or nuts
 - 👉 Other: _____
- 👉 Chocolate chips
 - 👉 Fruit yogurt smoother
 - 👉 Mints

DIPS!

- 👉 Salad dressing
- 👉 Yogurt honey dip
- 👉 Hummus
- 👉 Ranch/peanut butter
- 👉 Nut butter (peanut, almond, cashew)
- 👉 Soy sauce
- 👉 Guacamole
- 👉 Other: _____

SIDES!