

# 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 | 👉 Pretzels   |
| 👉 Bread sticks     | 👉 Nuts       |
| 👉 Small rice cakes | 👉 Trail mix  |
| 👉 Potato chips     | 👉 Popcorn    |
| 👉 Tortilla chips   | 👉 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!