

A MONTH'S WORTH OF **LUNCH BOX &** **SNACK** *ideas*

Pick 1 from each category. Mix & match!

FRUIT/VEGETABLES

Apples	Carrots
Oranges	Celery
Grapes	Cucumbers
Strawberries	Snap peas
Bananas	Cherry tomatoes
Blueberries	Sliced peppers

SNACKS

String cheese	Chips
Yogurt	Cheese slices
Pretzels	Trail mix
Crackers	Raisins
Graham crackers	Waffle sticks
Granola bar	Popcorn

MAIN

Bagel & cream cheese	Turkey sandwich
Spaghetti in a thermos	Meat slices
Pita sandwich	Chicken salad
Peanut butter & jelly	Cottage cheese
Turkey bites	Tacos
Homemade pizza rolls	Boiled eggs

MISC

Marinara sauce	Water bottle
Ranch dressing	Milk box
Hazelnut spread	Chocolate milk
Peanut butter dip	Strawberry milk
	Juice box
	Flavored water