

Build Your Own **Healthy** Lunchbox



Whole Grains + Protein

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|---|--|
| ☐ Sandwich with Deli Meat | ☐ Rice & Black Beans |
| ☐ Pasta Salad | ☐ DIY Tacos |
| ☐ Cheese Quesadilla | ☐ Pita Pizza |
| ☐ Veggie Wrap | ☐ Meat & Cheese Roll Ups |
| ☐ Crackers, Meat & Cheese | ☐ Salad with Tuna |
| ☐ PB&J Sandwich | ☐ Sandwich Kebobs |
| ☐ Pita & Hummus | ☐ Vegetable Soup & Crackers |
| ☐ Chicken Salad & Crackers | ☐ Protein Muffins |

Fruit

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|-------------------------------------|--|
| ☐ Banana | ☐ Applesauce |
| ☐ Grapes | ☐ Fruit Pouches |
| ☐ Berries | ☐ Pineapple |
| ☐ Cherries | ☐ Kiwi |
| ☐ Apple | ☐ Mandarin |
| ☐ Clementine | ☐ Oranges |
| ☐ Melon | ☐ Dried Fruit |
| ☐ Avocado | ☐ Fruit Salad |

Veggies

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|---|---|
| ☐ Carrots | ☐ Beet Chips |
| ☐ Celery | ☐ Salad |
| ☐ Cucumber | ☐ Sugar Snap Peas |
| ☐ Mini Sweet Peppers | ☐ Cherry Tomatoes |
| ☐ Peas | ☐ Roasted Potatoes |
| ☐ Corn | ☐ Homemade Baked Chips |
| ☐ Broccoli | ☐ Green Beans |
| ☐ Cauliflower | ☐ Kale Chips |

Other

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| ☐ Pretzels | ☐ Lowfat Ranch |
| ☐ Trail Mix | ☐ Chocolate |
| ☐ Granola Bar | ☐ Chips |
| ☐ Mini Muffins | ☐ Yogurt |
| ☐ Nuts | ☐ 100% Fruit |
| ☐ String Cheese | ☐ Juice |
| ☐ Guacamole | ☐ Lowfat Milk |
| ☐ Salsa | ☐ Fruit Leather |

