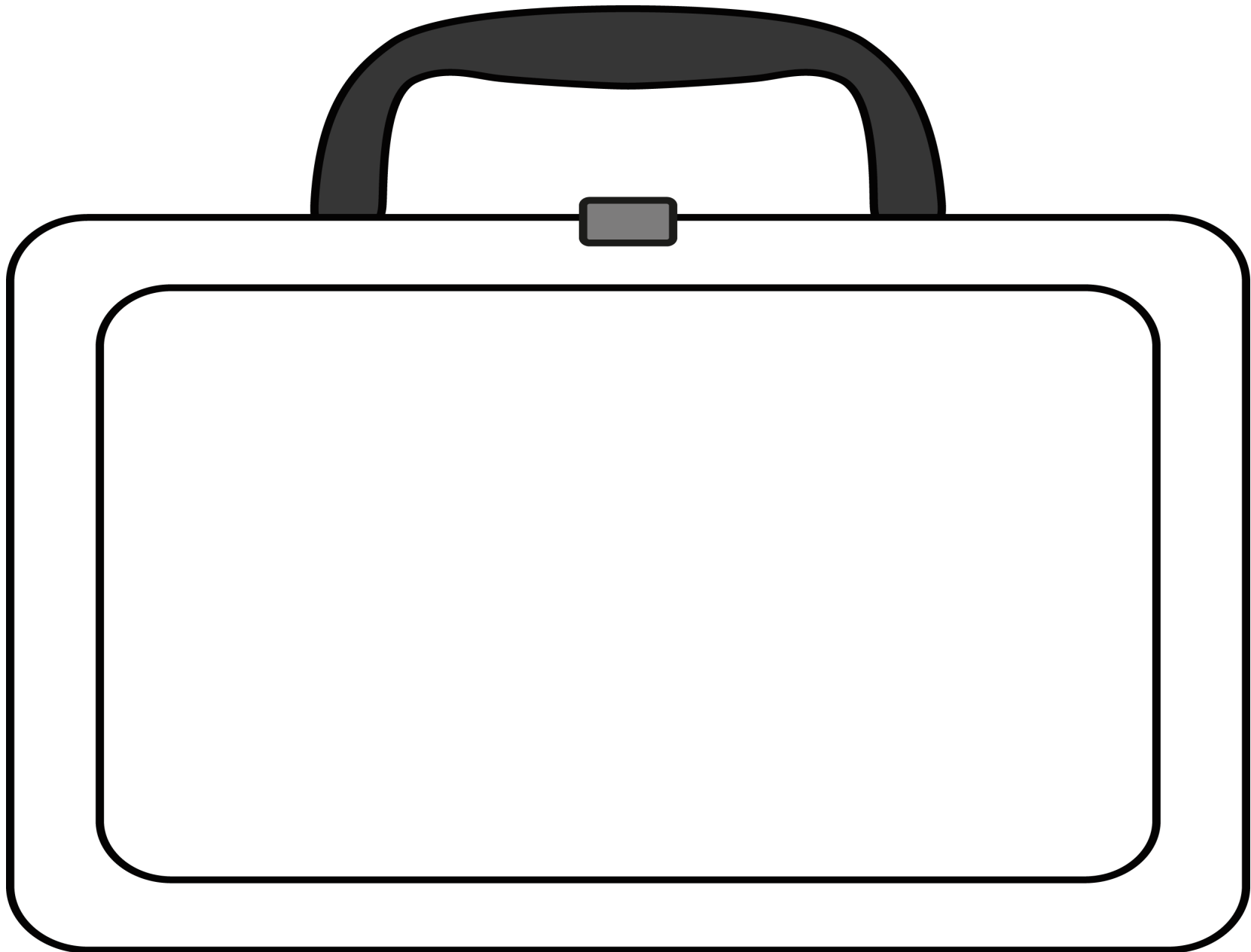


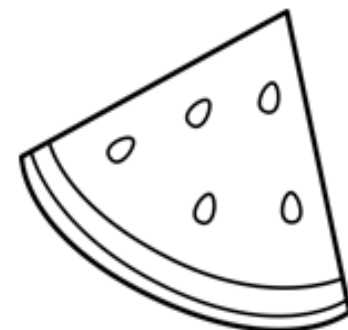
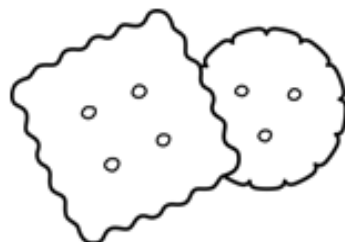
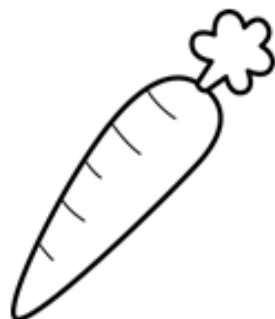
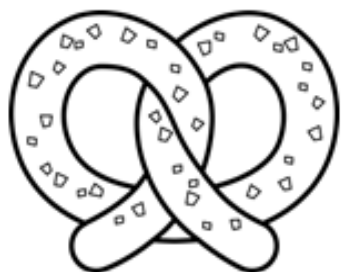
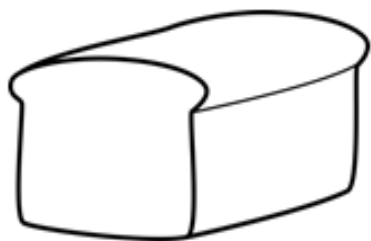
What's In Your Lunch?



Pack Your Healthy Lunch

Kids can cut and paste their healthy foods into their lunchbox.





Lunchbox Checklist

Pick from each group to create a healthy lunchbox.

1. Pack Up Protein

- ◇ Luncheon Meats
- ◇ Nut Butters
- ◇ Nuts
- ◇ Cheese
- ◇ Yogurt
- ◇ Chicken, Beef, Pork, Fish
- ◇ Beans, Lentils
- ◇ Eggs
- ◇ Hummus

4. Fill Up with Fluids

- ◇ Water
- ◇ 100% Juice
- ◇ Milk
- ◇ Yogurt Drink

2. Load Up on Fruits & Veggies

- ◇ Carrots
- ◇ Edamame
- ◇ Broccoli
- ◇ Cucumbers
- ◇ Tomatoes
- ◇ Peppers
- ◇ Salad
- ◇ Apple
- ◇ Banana
- ◇ Grapes
- ◇ Peaches
- ◇ Pears
- ◇ Oranges
- ◇ Dried Fruit
- ◇ Strawberries

3. Fuel Up with Whole Grains

- ◇ 100% Whole Wheat Bread
- ◇ Whole Grain Crackers
- ◇ Whole Grain Bagel
- ◇ Whole Grain Pasta
- ◇ Granola Bar
- ◇ Whole Grain Muffin
- ◇ Whole Grain Pita
- ◇ Whole Grain Tortillas
- ◇ Whole Grain Pancakes





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