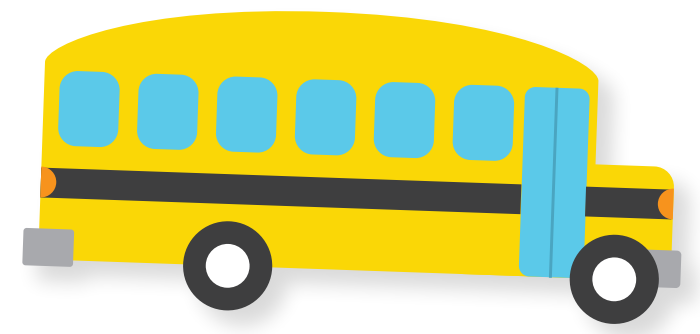


PACK A



HEALTHY SCHOOL LUNCH

Just choose one item from each category!

STEP 1 – PROTEIN

Turkey slices

Turkey sandwich (with low fat cheese & whole wheat bread)

Hard-boiled egg

STEP 2 – FRUIT

Apple

Orange

Banana

Peaches

Grapes

Blueberries

Strawberries

Raspberries

Avocado slices

STEP 3 – VEGGIE

Carrot sticks

Celery sticks

Broccoli

Cherry tomatoes

Salad

Peppers

Snap peas

STEP 4 – SNACKS

Whole wheat crackers

Unsalted popcorn

Trail mix

Low fat string cheese

Low fat yogurt

Unsalted nuts

Hummus (for dipping)

Peanut butter (for dipping)

STEP 5 – DRINK

Infused water

Water

Low fat milk