

# Lunchbox HELPER

## PROTEIN OR MAIN DISH

- Ham sandwich
- Turkey sandwich
- PB & J
- Mini bagel pizza
- Bagel
- Pasta salad
- Muffin
- Rice
- Wrap
- Tortilla and cheese roll up
- Ham and cheese roll up
- Pancake/waffle
- Soup
- Chili
- Yogurt and granola
- Hard-boiled egg
- Peanut butter
- Hot dog
- Hummus
- Tuna
- Chicken
- Black beans

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## FRUIT

- Raspberries
- Strawberries
- Banana
- Apple slices
- Grapes
- Raisins
- Watermelon
- Blueberries
- Peaches
- Kiwi
- Plums
- Craisins
- Mango
- Cherries
- Cantaloupe
- Pineapple
- Oranges

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## VEGETABLE

- Carrots & dip
- Olives
- Tomatoes
- Pickles
- Snap peas
- Cucumber slices
- Peppers
- Celery
- Peas
- Corn
- Salsa
- Lettuce
- Broccoli
- Cauliflower

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## DRINK

- Water
- Flavored water
- Milk
- Lemonade
- Sports drink
- Fruit juice
- Smoothie

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## OTHER

- Pretzels
- Chips
- Crackers
- Goldfish crackers
- Nuts
- Popcorn
- Sunflower seeds
- Cookies
- Fruit snacks
- Graham crackers
- Pudding
- Trail mix

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