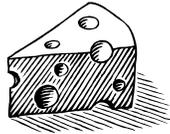


Sack Lunch Food List

Entrée:

- Bean Dip & Chips
- Bean Salad
- Bologna Sandwich
- Cheese and Crackers
- Cheese Crisp (Cheese on tortilla)
- Cheese Sandwich
- Chef Salad with Meat and Cheese
- Cottage Cheese & Fruit
- Egg Salad
- Fruit Salad & Cheese Chunks
- Ham Sandwich
- Hard Boiled Egg & Crackers
- Pasta Salad with Bean and/or Cheese
- Peanut Butter and Banana
- Peanut Butter and Crackers
- Peanut Butter & Jelly
- Roast Beef Sandwich
- Submarine Sandwich
- Taco Salad with Cheese & Chips
- Three Bean Salad
- Tuna Salad Sandwich
- Turkey and Cheese Wrap
- Turkey Sandwich



Parents,

Remember to pack:

**Meat or peanut butter or cheese or beans (for protein)*

**Fruit and Vegetable (for vitamins)*

**Bread/pasta or other grain (for energy)*

TIP: PLAN THE WEEK'S LUNCHESES AHEAD OF TIME, AND POST THE MENU AT HOME!

Veggies & Fruits (Pick 2 per meal)

- Applesauce
- Apple Slices
- Apricots
- Banana
- Broccoli
- Cantaloupe
- Carrots
- Carrot and Celery Sticks
- Carrot & Raisin Salad
- Cauliflower
- Celery
- Cherries
- Fruit Cocktail
- Fruit Crisp
- Fruit drizzled with honey
- Grapefruit
- Grapes
- Green Pea Salad
- Green Pepper Strips
- Kiwi
- Macaroni & Vegetable Salad
- Oranges
- Peaches
- Pears
- Pineapple
- Prunes
- Raisins
- Strawberries
- Three Bean Salad
- Tossed Salad
- Trail Mix with Dried Fruit
- Watermelon
- 100% Fruit Juices
- Others ...?

