

school lunch

checklist



Protein :

peanut butter, nuts, cheese, turkey, ham, pepperoni or bologna - *it's easiest to just make a sandwich!*



Dairy :

cheese, milk, pudding or yogurt



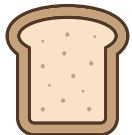
Fruit :

applesauce, apple, banana, orange slices, raisins, strawberries, blueberries or grapes



Vegetable :

celery sticks, carrots, cucumber slices, mini peppers or small salad - *don't forget dressing!*



Grain :

bread, popcorn, chips, cereal bar, trail mix or party mix - *if you made a sandwich your bread counts!*



Fun Treat :

cookies, brownie, snack bar, fruit snacks or fruit roll-up



Drink :

milk, juice box or water bottle - *pack a flavored water pack with your water!*