



# LUNCH IDEAS

## Mix and Match

### PROTEIN

Peanut Butter and Jelly  
Cheese and Crackers  
Jerky Stick and String Cheese  
Mac and Cheese with Hot Dog  
Lunch Meat Sandwich  
Turkey Tortilla Rollup  
Chicken Quesadilla

### CRUNCHY

Veggie Straws  
Pretzel Sticks  
Goldfish  
Granola Bar  
Animal Crackers  
Teddy Grahams  
Kids Clif Bars

### VEGGIES

Celery Sticks  
Carrot Sticks  
Sliced Bell Pepper  
Snap Peas  
Cucumber Slices  
Grape Tomatoes  
Mixed Salad

### FRUIT

Grapes  
Sliced Apples  
Banana  
Apple Sauce Pouch  
Mixed Fruit Cup  
Orange  
Strawberries