HOW TO PACK A LUNCH BOX

A SIMPLE STEP BY STEP CHECKLIST FOR KIDS

STEP ONE: MAIN COURSE - CHOOSE ONE

- SANDWICH
- TORTILLA ROLL-UPS
- CHEESE AND CRACKERS
- HARD BOILED EGG
- PASTA SALAD
- SOUP AND CRACKERS
- CORN DOG MUFFINS
- PIZZA MUFFINS
- BAGEL PIZZA
- QUESEDILLA
- COTTAGE CHEESE AND PEACHES
- TORTILLA WRAP
- LEFTOVERS
- BAGEL AND CREAM CHEESE
- PITA POCKET SANDWICH
- BLACK BEAN SALAD
- MACARONI AND CHEESE
- CHILI AND CORNBREAD MUFFIN
- RICE AND BEANS
- SUSHI

STEP TWO: FRUITS AND VEGGIES - CHOOSE TWO

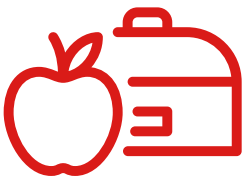
- CARROT STICKS
- CELERY STICKS
- BROCCOLI FLORETS
- CHICKPEAS
- SNAP PEAS
- BLACK BEANS
- GREEN SALAD
- GRAPES
- APPLE SLICES OR APPLESAUCE
- BLUEBERRIES
- STRAWBERRIES
- MELON CHUNKS
- BANANA
- ORANGE

STEP THREE: SIDES - CHOOSE ONE OR TWO

- HUMMUS
- RANCH DRESSING
- CHIPS
- PEANUT BUTTER
- PRETZELS
- NUTS
- COTTAGE CHEESE
- GRANOLA BAR
- COOKIE
- PUDDING
- CHIPS AND SALSA
- GOLDFISH CRACKERS

STEP FOUR: DRINK - CHOOSE ONE

- MILK
- JUICE
- WATER



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