

# HEALTHY SCHOOL LUNCH

Growing Up And  
Packing Our Own  
Lunches!

## Pick One Main Dish:

- ♡ Spaghetti
- ♡ Leftovers
- ♡ Berry Parfait
- ♡ Hummus
- ♡ Corn Dogs
- ♡ PB&J Sandwich
- ♡ Tuna Sandwich
- ♡ Homemade Egg Muffin
- ♡ \_\_\_\_\_
- ♡ \_\_\_\_\_
- ♡ \_\_\_\_\_

## Pick One or Two Sides:

- ♡ Fresh Fruits  
(grapes, berries, apples, pears, oranges)
- ♡ Fresh Veggies  
(Carrots, cucumbers, celery, bell peppers, lettuce)
- ♡ Crackers/Bread
- ♡ Nuts
- ♡ \_\_\_\_\_
- ♡ \_\_\_\_\_
- ♡ \_\_\_\_\_

## Take One Prepared Snack:

- ♡ Fruit Bar
- ♡ Nut Bar
- ♡ Popcorn
- ♡ Applesauce
- ♡ Trail Mix
- ♡ \_\_\_\_\_
- ♡ \_\_\_\_\_
- ♡ \_\_\_\_\_