

How to Pack Your Lunch

Not Just For Kids

Step 1: Starch + Protein

- Hummus and crackers
- PB & J sandwich
- Turkey sandwich
- Cheese quesadilla
- Beans and rice

Step 2: Fruit

- Cutie/clementine
- Apple
- Grapes
- Banana
- Blueberries

Step 3: Vegetable

- Carrots
- Snap peas
- Broccoli
- Sliced bell pepper
- Leafy green salad

Step 4: Snack

- Trail mix
- String Cheese
- Granola bar
- Yogurt
- Seaweed

Step 5: Water
