

LUNCHES

Main Dish

- Grilled cheese
- Grilled cheese w/apples/bacon
- Mini pizzas
- Quesadilla
- PB & J
- Cucumber and cream cheese sandwich
- Raisin bread and cream cheese sandwich
- Turkey or ham sandwich/rollup
- Noodles with cheese/pesto
- Whole grain crackers w/cheese/pb/cream cheese & jelly
- Oatmeal
- Cheese stick
- Hardboiled eggs
- Yogurt
- Salad
- Caprese sandwich
- Mac and cheese
- Waffle cream cheese and jelly/strawberry sandwich
- Taco bar/salad
- Caprese pasta salad
- Bagel
- Other: _____

Fruit

- Apples
- Applesauce
- Banana
- Blueberries
- Cherries
- Grapes
- Strawberries
- Raspberries
- Blackberries
- Kiwi
- Dried mangos/raisins/apple chips/apricots
- Peaches
- Pears
- Pineapple
- Plums
- Watermelon
- Mandarin oranges
- Orange slices

Veggies

- Carrots
- Cucumber
- Celery
- Cherry tomatoes
- Sugar snap peas
- Frozen peas
- Broccoli
- Sliced bell peppers
- Salad

Other Grain or Snack

- Muffins
- Popcorn
- Trail mix/nuts
- Fruit and nut bar
- Pumpkin seeds
- Whole grain pita triangles/chips
- Fruit kabob with yogurt dip
- Granola bar