

I CAN PACK MY LUNCH

Pick One From Each Category

MAIN DISH

- sandwich
- quesadilla
- hummus
- tortilla wrap
- soup
- cracker pack

FRUIT

- apple
- banana
- kiwi
- peach
- watermelon
- pear

VEGGIE

- carrots
- cucumber
- celery sticks
- broccoli
- cauliflower
- snap peas

TREAT

- | | | |
|---------------|--------------|---|
| -pudding | -granola bar | - |
| -cookie | -fruit snack | - |
| -cheese stick | -yogurt | - |

Grab a water, juice or milk and don't forget the cold pack!