



Back to School Lunch Packing Chart

Choose 1

- Salad
- Sandwich
 - Whole wheat bread
 - Whole wheat pita
- PB & J
- Cheese
- Organic ham
- Organic turkey
- Mayo
- Mustard
- Sliced cucumber
- Deviled eggs
- Pasta salad
- Cheese and crackers
- Egg salad
- Oatmeal
- Whole wheat pita pizza
- Whole wheat pita triangles and hummus
- Other (write in):

Choose 2

- Bitchin Sauce
- Brown rice cakes
 - With peanut butter
- Cheese cubes/slices
- Chickpeas
- Crackers
- Edamame
- Granola chunks
- Hard-boiled egg
- Muffin
- Popcorn
- Powerballs (homemade)
- Snack bar
- String cheese
- Trail mix
- White bean dip
- Whole wheat pretzels
- Yogurt
- Other (write in):

Choose 2

- Apple
- Applesauce
- Avocado half
- Banana half
- Blueberries
- Broccoli (raw or cooked)
- Carrots
- Cherries
- Cucumber
- Grapes
- Kiwi
- Olives
- Oranges
- Pickles
- Pineapple
- Radish slices
- Raspberries
- Strawberries
- Sugar snap peas
- Watermelon
- Other (write in):