

..... SCHOOL LUNCH CHECKLIST

SANDWICH (OR OTHER PROTEIN)	
CHOOSE AT LEAST ONE	<p style="text-align: center;"><i>Sandwich:</i> Nut Butter + Jam or Honey Turkey or Ham (+ toppings)</p> <p style="text-align: center;"><i>Other Protein Options:</i> Tuna Wraps in Lettuce Ham or Turkey rollups DIY Lunchables (sliced lunch meat/cheese/crackers) Tortilla rollup with nut butter or meat + cheese Energy Bites Hard-boiled egg(s)</p>
FRUITS/VEGETABLES	
CHOOSE ONE OR MORE	<p style="text-align: center;">Carrot Sticks Celery Sticks Mini Bell Peppers Apple Slices Cutie Orange or Orange Slices Half Banana GoGo Squeez Freeze Dried Vegetable or Fruit Other Fresh Fruit or Veggie in Fridge</p>
CRACKERS/CHIPS (CARBS)	
CHOOSE ONE	<p style="text-align: center;">Pretzel Sticks Honey Wheat Pretzel Sticks Peanut Butter Filled Pretzels Chips Ritz Crackers Etc.</p>
HEALTHY EXTRAS	
CHOOSE ONE	<p style="text-align: center;">String Cheese Babybel Cheese Yogurt (or Tube Yogurt) - don't forget a spoon! Freeze Dried Yogurt Bites Raisins/Craisins/Freeze Dried Grapes Cashews or Almonds Hard-boiled egg</p>
TREATS	
CHOOSE NO MORE THAN ONE	<p style="text-align: center;">Homemade Cookie or Brownie (from freezer) Mom-Approved Treat of Choice</p>