

How to Pack Your Lunch

Step 1: starch + protein

- meat sandwich
 - PB&J
 - cheese quesadilla
 - meat & rice (or pasta)
 - hummus & pretzels
 - cheese & crackers
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Step 2: fruit + veggie

- apple
 - clementine
 - applesauce
 - blueberries
 - raspberries
 - strawberries
 - carrots
 - celery
 - tomatoes
 - salad
 - edamame
 - leftover cooked veggies
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Step 3: snack

- granola bar
 - yogurt
 - goldfish
 - string cheese
 - PB & pretzels
 - Chips (1/wk)
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Step 4: drink

- Water
- juice box
- Gatorade
- sparkling soda (1/wk)