



















Packing a Healthy Lunchbox

(Choose one food from each category)

Fruit

-  Apple
-  Pear
-  Orange
-  Banana
-  Strawberries
-  Plums
-  Peach
-  Grapefruit
-  Grapes or Raisins
-  Cherries
-  Kiwi
-  Blueberries
-  Fresh or Dried Apricots











Vegetable

-  Carrot Sticks
-  Celery Sticks
-  Baby Green Salad
-  Cucumber Slices
-  Steamed Potatoes
-  Sugar Snap Peas
-  Cabbage
-  Radishes
-  Green Beans
-  Cooked Winter Squash
-  Cherry Tomatoes
-  Avocado

Whole Grain

-  Brown Rice, Millet, or Quinoa
-  Noodles
-  Whole Grain Muffin
-  Nori Rolls

Protein

-  Sandwich
-  Cooked Beans
-  Raw Nuts
-  Sliced Turkey
-  Chicken Noodle Soup
-  Lentil or Bean Soup
-  Hard Boiled Egg
-  Hummus
-  Leftover Fish
-  Yogurt

Treats

-  Healthy Cookie
-  Popcorn
-  Lara Bar
-  Lemon Blueberry Pudding
-  Rice Cake
-  Dates