
HOW TO PACK A LUNCHBOX

easy ideas for busy families

1 PICK A MAIN DISH

- Peanut butter crackers
- Sliced cheese and crackers
- Tuna salad with crackers
- PBJ sandwich
- Deli meat and cheese sandwich
- Tossed salad
- Pasta
- Waffles
- Muffin
- Vegetable rice
- Tortilla rollups
- Falafel pitas
- Chicken noodle soup
- Chili

2 ADD TWO SIDES

- Sliced apple
- Cutie orange
- Banana
- Pretzel sticks
- Corn tortilla chips
- Cheesy crackers
- Popcorn
- Baby carrots
- Fresh grapes
- Boiled egg
- Rice cakes
- String cheese
- Yogurt
- Melon slices

3 FINISH WITH A SWEET

- Fresh berries
- Yogurt pretzels
- Fruit leather
- Dried fruit
- Graham crackers
- Homemade cookie
- Applesauce

EXTRA TIPS

- * Aim for the 4 basic food groups: protein, grain, dairy, produce.
- * Choose a rainbow of natural colors.
- * Include a reusable water bottle.
- * Look for items your child can help pack.
- * Don't forget an ice pack to keep cold things cold.