

# How to Pack a School Lunch

Source: [www.whilehewasnapping.com](http://www.whilehewasnapping.com)

## A Main Course

Sandwich  
Hot Dog  
Meat Rolls  
Pizza Pretzel  
Quesadilla  
Tuna Salad & Crackers  
Tortilla Roll Ups  
Muffin Pot Pie  
Pizza Muffin  
Pita & Hummus

## A Fruit or Vegetable

Orange Segments  
Apple Slices  
Pineapple Chunks  
Mandarin Oranges  
Carrot Sticks  
Cucumber Sticks  
Celery Sticks  
Jicama Sticks  
Cherry Tomatoes  
Grapes

Peach Slices  
Banana Coins  
Green Beans  
Fruit Cocktail  
Dried Fruit  
Pepper Slices  
Broccoli  
Cauliflower  
Pear Slices  
Watermelon

## A Snack

Cheese  
Pretzels  
Popcorn  
Craisins  
Boiled Egg  
Rice Cake  
Crackers  
Pickle  
Trail Mix  
Cereal  
Yogurt

## A Drink

Water  
Juice  
Lemonade  
Capri Sun  
Fruit Water

## A Treat

Fruit Snacks  
Cookies  
Brownie  
Fruit Leather  
Candy

## Tips for Success

Make substitutions and additions as desired.

High protein foods will help kids stay fuller longer.

Choose one item from at least three categories.

Don't forget to seal all the zipper bags.

