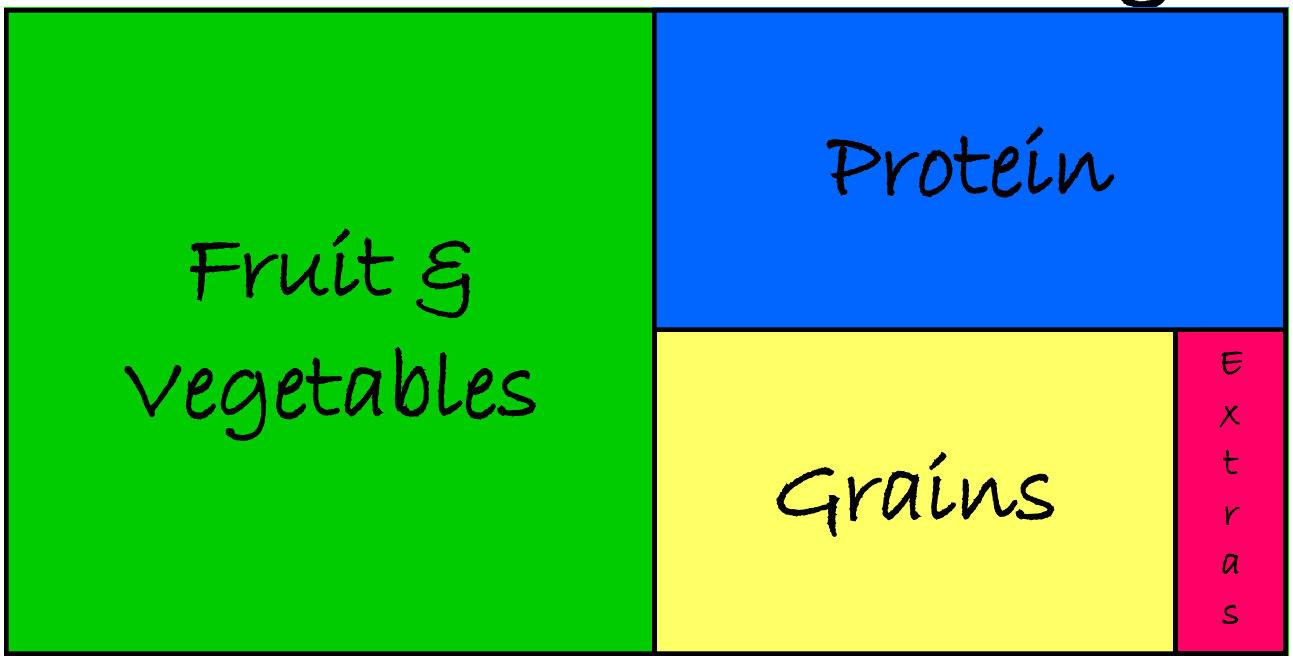
Lunch Packing Key



Protein

-Low sodium deli meat
-Fresh chicken/turkey pieces
-Tuna/chicken salad
-Hard boiled eggs
-Cheeses/Cottage cheese
-Nut butters (peanut, almond, cashew, etc.)
-Beans/lentils

Grains

-Whole grain bread, tortillas, pitas (sandwiches/wraps)
-Whole grain crackers
-Popcorn, pretzels
-Pasta salad
-Tortilla/pita chips
-Whole grain mini waffles

Fruits

-Any fresh fruit
-Fruit cups in 100% juice

Vegetables

-Snap peas/Edamame
-Celery/carrot sticks
-Cucumber slices
-Cherry tomatoes
-Salads
-Broccoli/cauliflower
-Bell Pepper slices

"Fill in the Gaps Extras":

-Low fat milk/yogurt
-Vegetable juice (low sodium)
-Nuts, trail mixes
-Olives
-Hummus, salad ressing, cream cheese, avocado or salsa for dip
-Occasionally: chocolate chips, pudding, rice krisy treat, homemade cookies/bars, stickers, love notes

Food 4 Success, LLC
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