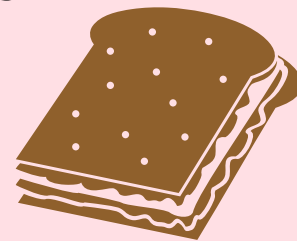


HOW TO PACK A LUNCH BOX



PROTEIN

| | |
|------------------|-----------|
| Tuna | Pepperoni |
| Deli Meat | Hot Dogs |
| Shredded/Canned | Yogurt |
| Chicken | Cottage |
| Beef jerky | Cheese |
| Hard Boiled Eggs | Milk |

GRAINS

| | |
|--------------|---------|
| Bread | Popcorn |
| Rice Cakes | Pasta |
| Pretzels | Bagel |
| Pita Chips | Granola |
| Corn Muffins | Muffins |
| Tortillas | |

FATS

String Cheese
Babybel Cheese
Nuts
Peanut Butter
Hummus
Guacamole

TREATS

| | |
|---------------------|----------------|
| Cookies | Granola Bar |
| Fruit Snacks | Trail Mix |
| Chocolate | M&Ms |
| Fig Newtons | Yogurt Covered |
| Pudding | Raisins |
| Rice Krispie Treats | |

FRUITS/VEGETABLES

| | | | |
|-----------------|--------------|--------------|-------------|
| Carrots | Cucumber | Strawberries | Blueberries |
| Celery | Peas | Grapes | Melons |
| Sugar Snap Peas | Corn | Applesauce | Pineapple |
| Grape Tomatoes | Bell Peppers | Fruit Cups | |
| Broccoli | Cauliflower | Raisins | |