



SCHOOL LUNCH CHECKLIST

MAIN MEAL MIX & MATCH 1 FROM EACH COLUMN

PROTEIN

- low sodium deli meats
- pepperoni
- eggs (scrambled, boiled)
- fish (tuna, fish sticks)
- grilled chicken
- hummus
- chick peas
- beans
- cheese (cubes, string)
- cottage cheese

STARCH

- pita
- whole wheat bread
- tortilla
- crackers
- pancake or waffles
- bagel
- rice
- couscous
- quinoa
- pasta

SIDE

- vegetables + dip
- popcorn
- string cheese
- chips + guacamole
- pretzels
- dried fruit
- olives
- fruit salad
- smoothie
- yogurt

HOT LUNCH IDEAS (pack a thermos)

- leftovers
- chili
- corn dogs
- pasta
- soup
- lasagna
- stir fry
- chicken nuggets
- meatballs
- grilled cheese sandwich
- mixed veggies with rice
- pizza

PACK THE RAINBOW MIX & MATCH 3+ SERVINGS

FRUIT & VEGETABLE

- | | | | | | |
|---------|--------------------------------------|------------------------------------|---|---------------------------------------|---------------------------------------|
| FRUITS | <input type="checkbox"/> apples | <input type="checkbox"/> grapes | <input type="checkbox"/> mango | <input type="checkbox"/> strawberries | <input type="checkbox"/> blackberries |
| | <input type="checkbox"/> banana | <input type="checkbox"/> pears | <input type="checkbox"/> kiwi | <input type="checkbox"/> blueberries | <input type="checkbox"/> peaches |
| | <input type="checkbox"/> oranges | <input type="checkbox"/> melon | <input type="checkbox"/> pineapple | <input type="checkbox"/> raspberries | <input type="checkbox"/> cherries |
| VEGGIES | <input type="checkbox"/> carrots | <input type="checkbox"/> cucumber | <input type="checkbox"/> grape tomatoes | <input type="checkbox"/> peas | <input type="checkbox"/> mushrooms |
| | <input type="checkbox"/> celery | <input type="checkbox"/> snap peas | <input type="checkbox"/> spinach | <input type="checkbox"/> broccoli | <input type="checkbox"/> lettuce |
| | <input type="checkbox"/> bell pepper | <input type="checkbox"/> corn | <input type="checkbox"/> zucchini | <input type="checkbox"/> cauliflower | <input type="checkbox"/> squash |