



Protein	Turkey	Tuna	Boiled Egg
	Peanut Butter	Ham	Grilled Chicken
Grains	Bread	Pita Bread	Tortillas
	Pretzels	Crackers	Goldfish
	Tostito Chips w/ Cheese	Chips w/ Guacamole	Granola
Dairy	Yogurt	Milk	Cheese
Fruit	Apples	Oranges	Mandarin Oranges
	Banana	Grapes	Strawberries
	Blueberries	Applesauce	Pinneapple
	Kiwi	Mixed Fruit	Watermelon
Veggies	Carrots	Bell Peppers	Avocado
	Celery	Salsa	Salad Greens
	Cucumbers	Broccoli	Cauliflower
Dip	Ranch	Hummus	Cream cheese





PB & J Sandwiches

Turkey or Ham Sandwich

Grilled Chicken/ Salad/ Avocado Slices

Mini Pizzas

Turkey/ Cheese/ Crackers

Ham Salad Sandwich

Egg Salad Sandwich

PB & Banana Sandwich

Pita & Hummus

Turkey Pita Cheese Sandwich

Turkey Rollups

Tuna Salad

