

It's Lunch Time!

Choose one food from each category:

<u>MAIN MEAL</u>	<u>VEGGIE</u>	<u>FRUIT</u>	<u>SNACK</u>
Sandwich	Sugar snap peas	Tangerine	Homemade cookie
Leftovers	Sweet Potato	Kiwi	Whole grain muffin
Soup	Sliced cucumbers	Banana	Roasted seaweed
Beans	Baby carrots	Applesauce	String cheese
Salad	Small Salad	Pear slices	Edamame
Yogurt & Granola	Green beans	Cherry tomatoes	Avocado & crackers
Tuna & Crackers	Cooked squash	Grapefruit	Dried dates
2 Hard Boiled Eggs	Celery	Blueberries	Trail mix nuts/seeds
Brown Rice/Quinoa & Steamed Veggies	Radishes	Grapes/raisins	Lara® bar/ Kind® bar
Burrito/Wrap	Pickles	Olives	Popcorn

Sandwich Ideas: tuna/salmon, deli meat, egg salad, hummus/avocado spread, nut butter & jelly
(mix up peanut butter with sunflower seed, tahini, almond, or another butter)

Beans Ideas: hummus & veggies, burrito w/refried beans & mild salsa, garbanzo beans on salad, bowl of beans w/avocado & tomato
black bean burger, quinoa & beans

Salad Ideas: salad greens with pasta, tuna/salmon, lentils/beans/hummus, sliced turkey or chicken