

School Lunch Packing Guide

TIP #1

Choose an option from each group.

TIP #2

Add an icepack at the end.

TIP #3

Don't forget a water bottle!

1

Start with a Main Dish

1

2

3

4

5

6

2

Add a Fruit & Veggie

FRUIT

VEGGIE

3

End with a Fun Snack

1

2

3

4

5