

# 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