

# School Lunch Packing Guide

## Balanced Lunch Guide:

Protein + Carb + Fruit/Veggie + Fun Snack

### Protein

Turkey	Yogurt
Ham	Tofu
Chicken	Edamame
Tuna	Black Beans
Hummus	Pinto Beans
Boiled Egg	Refried Beans
Peanut Butter	Pumpkin Seeds
Almond Butter	Pistachios
Sunbutter	Almonds

### Carb

Mini Bagel	Crackers
Pretzels	Granola
Pita Pocket	Tortilla Chips
Wrap	Muffin
Bread	Pita Chips
Roll	Croissant
English Muffin	Quinoa
Rice	Ciabatta
Pasta	Baguette
Tortilla	Sourdough

### Fruit/Veggie

Apple Slices	Carrot Sticks
Oranges/Cuties	Celery Sticks
Banana	Cucumbers
Pear	Bell peppers
Grapes	Snap Peas
Berries	Jicama
Mango	Spinach/Lettuce
Peaches	Sprouts
Melon	Broccoli
Apricots	Cauliflower
Applesauce	Salsa
Dried Fruit	Cherry tomatoes

### Fun Snack

Fruit leather	Fig Bar
Energy Bites	Goldfish Crackers
Trail Mix	Fruit Snack
Cookie	Yogurt Pretzels
Granola Bar	Graham Crackers
Mini Muffin	Lara Bar
Baked Donut	Apple/Banana Chips
Banana Bread	Baked Scone
Zbar	Yogurt Raisins
Popcorn	Rice Krispie Treat
Pudding Cup	Pumpkin Bread