



BACK TO SCHOOL LUNCH BOX CHECK LIST

PROTEIN:

PBJ Sandwich
Hummus
Turkey or Ham Roll Ups
Turkey or Ham Sandwich
Nut Butter
Protein Bar
Trail Mix
Hard Boiled Egg
Pepperoni
Tuna
Grilled Chicken
Tortilla Roll Up

DAIRY:

Yogurt
Cheese Stick
Cheese Cubes
Babybel Cheese
Yogurt Tubes
Laughing Cow Cheese
Ranch Dressing

SNACK:

Air Popped Popcorn
Pretzels
Corn Chips
Veggie Straws
Goldfish
Annie's Bunny Crackers
Crackers
Rice Cakes

SWEET TREAT:

Horizon Snack Grahams
Rice Krispie Treats
Granola Bars
Pudding
Animal Crackers
Homemade Energy Bites
Cookies
Naturally Flavored Fruit Snacks

BEVERAGES:

Bottled Water
Horizon Organic Milk Box
Honest Kids Fruit Pouch
Thermos with beverage

VEGGIES

Carrots
Cucumbers
Celery
Broccoli
Snap Peas
Peppers
Tomatoes
Guacamole

FRUITS

Strawberries
Apples
Grapes (Frozen)
Blueberries
Apple Slices
Banana
Applesauce
Raisins
Melon
Dole Fruit Cup
GoGo Squeez

