



BACK TO BASICS

Mix-and-match LUNCHBOX GUIDE

No time to make kids' lunches ahead? Just have your kids pick one item from each column to build a balanced lunchbox on the fly.

STARCH



PROTEIN



VEGGIE



FRUIT



DAIRY



English Muffin



Whole Wheat Bread



Multigrain Waffles



Stonefire®
NAAN Dippers®



Blue Corn
Tortilla Chips



Sliced Ham Roll-ups



Rotisserie Chicken



Peanut Butter



Hummus Cups



Sunflower Seed Butter



Mini Cucumber



Mini Peeled Carrots



Sugar Snap Peas



Salsa



Celery Sticks



Strawberries



Apple Slices



Banana



Clementine



Unsweetened
Applesauce



Shredded Cheese



Kefir



Greek Yogurt Cup



Cheese Cracker Cuts



Babybel® Cheese