



# lunch box builder

It's as easy  
as 1-2-3!

1. **Create a list** of packable lunch items for each of the five food groups. Ask your kids to help (see suggestions on the back page).
2. **Post this list** on the fridge.
3. **Mix and Match.** Have your kids close their eyes or randomly pick one item from each group. Create endless combinations!  
*Surprise them!* Add one small treat to the lunch box such as a fruit twist, animal cookies, or a special note.

FRUITS

VEGGIES

GRAINS

PROTEIN

DAIRY

M

T

W

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F



feel your best



# lunch box builder

## FRUITS

Apple Wedges  
Bananas  
Blueberries  
Clementines  
Grapes  
Pears  
Strawberries

## VEGGIES

Baby Carrots  
Bell Pepper Strips  
Cherry Tomatoes  
Cucumbers  
Garden Salad  
Jicama Sticks  
Tomato Soup

## GRAINS

Mini Bagel  
Naan Bread  
Popcorn  
Pretzel Sticks  
White Whole Grain Bread  
Whole Grain Crackers  
Whole Grain Tortilla Chips

Look for items with the Whole Grain Wellness Key

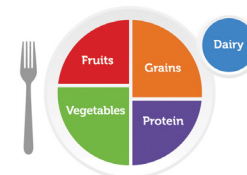


## PROTEIN

Almond Butter  
Grilled Chicken  
Ham Slices/Cubes  
Hummus  
Peanut Butter  
Rotisserie Chicken  
Tuna  
Turkey Slices/Cubes

## DAIRY

Cheese Slice  
Cheese Stick  
Cottage Cheese  
Greek Yogurt Kefir  
Low-Fat Milk  
Yogurt



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