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.

<table>
<thead>
<tr>
<th>FRUITS</th>
<th>VEGGIES</th>
<th>GRAINS</th>
<th>PROTEIN</th>
<th>DAIRY</th>
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</tbody>
</table>

lunch box builder
# 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

## 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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Look for items with the Whole Grain Wellness Key.