

How to Pack

Your Lunch

Pick 1: Main Dish

Sandwich - Hard boiled egg - Quesadilla
Pasta Salad - Hot dogs - PBJ - Tuna salad
Pita Sandwich - Pizza rolls - Pizza muffins
Grilled cheese - Egg salad - Waffles
Ham roll-ups - Bean & cheese burrito

Pick 1: Fruit

Pick 1: Treat

Pick 1: Veggie

Drink: Water,

milk or juice