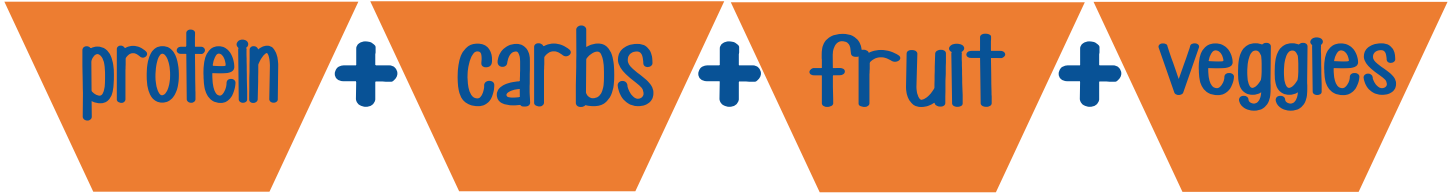


lunchbox lineup

Pick at least one item from each food group for a powerful lunch!



- beans
- boiled eggs
- cheese
- chicken
- chicken salad
- edamame
- egg salad
- greek yogurt
- hamburger patty
- hummus
- meatballs
- natural deli meats
- natural nut butter
- nuts/seeds
- shrimp
- tofu
- tuna
- guacamole (healthy fat)
- olives (healthy fat)

- bean pasta
- brown rice
- crackers
- english muffins
- granola
- mini bagels
- oatmeal
- popcorn
- potatoes
- quinoa
- sweet potatoes
- tortilla wrap
- tortilla chips
- whole grain bread
- whole grain pasta
- whole wheat pita
- wild rice
- winter squash

- apple
- apple sauce
- banana
- blackberries
- blueberries
- cantaloupe
- cherries
- figs
- grapes
- mango
- oranges
- peaches
- pears
- pineapple
- plums
- raisins
- raspberries
- strawberries
- watermelon

- bell peppers
- broccoli
- carrots
- cauliflower
- celery
- cherry tomatoes
- cucumbers
- green beans
- jicama
- kale chips
- lettuce
- mixed greens
- mushrooms
- radishes
- sugar snaps
- spinach
- squash
- zucchini

other other other other
