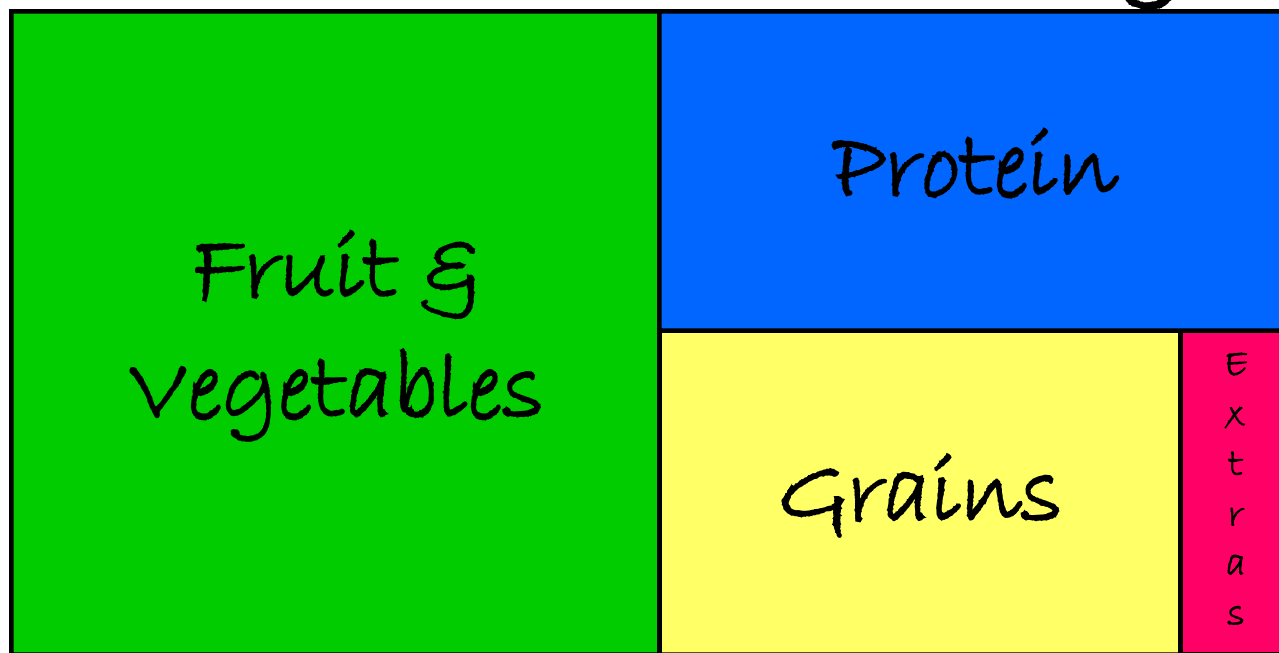


Lunch Packing Key



<p><u>Protein</u></p> <ul style="list-style-type: none"> -Low sodium deli meat -Fresh chicken/turkey pieces -Tuna/chicken salad -Hard boiled eggs -Cheeses/Cottage cheese -Nut butters (peanut, almond, cashew, etc.) -Beans/lentils 	<p><u>Grains</u></p> <ul style="list-style-type: none"> -Whole grain bread, tortillas, pitas (sandwiches/wraps) -Whole grain crackers -Popcorn, pretzels -Pasta salad -Tortilla/pita chips -Whole grain mini waffles 	<p><u>Fruits</u></p> <ul style="list-style-type: none"> -Any fresh fruit -Fruit cups in 100% juice <p><u>Vegetables</u></p> <ul style="list-style-type: none"> -Snap peas/Edamame -Celery/carrot sticks -Cucumber slices -Cherry tomatoes -Salads -Broccoli/cauliflower -Bell Pepper slices 	<p><u>"Fill in the Gaps Extras":</u></p> <ul style="list-style-type: none"> -Low fat milk/yogurt -Vegetable juice (low sodium) -Nuts, trail mixes -Olives -Hummus, salad dressing, cream cheese, avocado or salsa for dip -Occasionally: chocolate chips, pudding, rice krispy treat, homemade cookies/bars, stickers, love notes
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