

Wegmans



MY HEALTHY 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

	FRUITS	VEGGIES	GRAINS	PROTEIN	DAIRY
M					
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MY HEALTHY 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

Look for items with
the Whole Grain
Wellness Key

