



## Build your lunch box with the Flavor Buds. 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 fruit snacks, animal cookies or a special note.

|   | FRUITS | VEGGIES | GRAINS | PROTEIN | DAIRY |
|---|--------|---------|--------|---------|-------|
| M |        |         |        |         |       |
| T |        |         |        |         |       |
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## FRUITS

Apple Wedges

Bananas

Blueberries

Clementines

Grapes

Pears

Raisins

Strawberries

## VEGGIES

Baby Carrots

Mini Sweet Peppers

Cherry Tomatoes

Cucumbers

Garden Salad

Jicama Sticks

Sugar Snap Peas

Tomato Soup

## GRAINS

Naan Bread

Popcorn

Pretzel Sticks

White Whole Grain Bread

Whole Grain Crackers

Whole Grain Granola

Whole Grain Tortilla Chips

Look for items with  
the Whole Grain  
Wellness Key



## PROTEIN

Edamame

Grilled Chicken

Ham Slices/Cubes

Hardboiled Egg

Hummus

Nut Butter

Tuna

Turkey Slices/Cubes

## DAIRY

Cheese Slice

Cheese Stick

Cottage Cheese

Greek Yogurt

Kefir

Low-Fat Milk

Yogurt