**MAIN BITE!**
- Nut butter sandwiches: PB&J, PB & banana or PB & honey, sunflower seed butter, almond butter
- Meat sandwiches: turkey, chicken, ham, salami
- Other sandwiches: cheese, hummus, egg salad, tuna salad, tofu, “unturkey”
- Choose your cheese: Monterey Jack, Cheddar, Colby or Swiss
- Bread options (white or whole wheat): sliced bread, tortillas, pita bread, bagels, crackers, english muffin
- Pasta: mac & cheese, butter, parmesan & olive oil, pesto, marinara, meatballs
- Baked potato: sour cream, chili and cheese, butter or bacon
- Cheese and crackers
- Sushi: cucumber, avocado, California roll
- Hard boiled eggs
- Nuggets: chicken or “unchicken”
- Burrito or quesadilla
- Salad: caesar, garden, potato
- Pizza: cheese, meat, supreme
- Pancakes, french toast, waffles
- Other: __________________________________________________________________

**Snacks!**
- Cheese stick
- Cut-out cheese shapes
- Yogurt fruit parfait
- Ants on a log
- Cheesy crackers
- Granola bars
- Other: __________________________________________________________________

**Dips!**
- Salad dressing
- Yogurt honey dip
- Hummus
- Ketchup/mustard
- Nut butter (peanut, almond, cashew)
- Soy sauce
- Guacamole
- Other: __________________________________________________________________

**Sides!**
- Yogurt
- Pasta salad
- Cottage cheese
- Other: __________________________________________________________________

**Fruit!**
- Berries (strawberries, blueberries, raspberries)
- Cut up apples or pears
- Cut up stone fruits (plum, apricots, peaches, nectarines)
- Grapes
- Kiwi
- Cherries
- Melon
- Pineapple
- Mango
- Clementines/satsumas
- Pomegranate seeds
- Dried fruits (raisins, cranberries, mango)
- Other: __________________________________________________________________

**Treats!**
- Small cookie
- Frozen yogurt sticks
- Fruit juice gummies
- Mini meringues
- Yogurt or chocolate covered raisins or pretzels
- Chocolate or candy covered seeds or nuts
- Scoop of frozen yogurt
- Other: __________________________________________________________________

**Veggies!**
- Avocado
- Bell peppers
- Broccoli
- Cucumbers
- Carrots
- Celery
- Green beans
- Peas
- Mushrooms
- Cherry tomatoes
- Zucchini
- Snap peas
- Corn
- Olives
- Jicama
- Edamame (soy beans)
- Roasted potatoes
- Lettuce or baby spinach
- Seaweed (nori)
- Shredded broccoli and carrot slaw
- Other: __________________________________________________________________