

# PICK YOUR LUNCH!

just mark what you want  
& ENJOY!

## 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: \_\_\_\_\_

## 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: \_\_\_\_\_
- ☆ Chocolate chips
- ☆ Fruit yogurt smoothie
- ☆ Mints

## 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: \_\_\_\_\_

## SNACKS!

- ☆ Cheese stick
- ☆ Cut-out cheese shapes
- ☆ Yogurt fruit parfait
- ☆ Ants on a log
- ☆ Cheesy crackers
- ☆ Granola bars
- ☆ Other: \_\_\_\_\_
- ☆ Rice cracker mix
- ☆ Bread sticks
- ☆ Small rice cakes
- ☆ Potato chips
- ☆ Tortilla chips
- ☆ Pretzels
- ☆ Nuts
- ☆ Trail mix
- ☆ Popcorn
- ☆ Pita chips

## 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: \_\_\_\_\_
- ☆ Cold chili or stir fry
- ☆ Applesauce
- ☆ Rice and beans

**AND DON'T FORGET SOME  
HEALTHY & DELICIOUS MILK**

This lunch-packing checklist is brought to you by:



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