

# KIDS SCHOOL LUNCH FOODS

## PROTEIN

Ham	NUT/seed
Turkey	BUTTER
CHICKEN	NUTS &
FISH	seeds
BEANS	EGGS

## VEGETABLE

BROCCOLI	Carrots
SPINACH	PeaPODS
Kale	PEPPERS
LETTUCE	EDAMAME
CORN	TOMATOES
POTATOES	ASPARAGUS
Peas	AVOCADO
SQUASH	CUCUMBER

## GRAIN

rice	Pasta
Bread	crackers
TORTILLA	Waffles
OATmeal	PITA
QUINOA	pretzels

## FRUIT

apples	KIWI
Berries	peaches
BANANAS	WATERMELON
CHERRIES	CANTELOPE
GRAPES	ORANGES
MANGO	FRUIT CUP

## DAIRY

MILK  
CHEESE  
YOGURT