

Lunch Ideas:

Turkey & Cheese Crackers Carrots Apple Slices Milk	Beef Tacos Corn Refried Beans Banana Milk	Macaroni & Cheese Broccoli Fruit Milk	Chicken Nuggets Peas Strawberries Milk
Bagel Thin with cream cheese & jelly Carrots Milk	Whole Wheat Noodles Marinara Sauce Peas Orange Slices Milk	Yogurt Apples Celery Sticks Pretzels Milk	WOWButter Sandwich Cucumbers Fruit Milk
Whole Wheat Tortilla with cream cheese Salsa Fruit Milk	Ham Cheese Wheat Thins Green Pepper Strips Applesauce	Bagel Cream Cheese Grape Tomatoes Fruit Milk	Cheese Crackers Broccoli Grapes Milk

*Lunches provided by parents must contain the following according to licensing regulations:*

A fruit  
A vegetable  
A grain  
A protein  
Milk or Milk substitute