**SNACKS**

* String cheese
* Pretzels
* Popcorn
* Yogurt
* Granola bar
* Hard boiled egg
* Peanut butter
* Pita chips
* Sugar-free jello
* Sugar-free fruit snacks

**BEVERAGES**

* Water
* Powerade Zero
* Sugar-free juice box

**FRUITS**

* Orange segments
* Apple slices
* Pineapple chunks
* Grapes
* Mandarin orange
* Peach slices
* Pear slices
* Banana
* Fruit cocktail/Fruit cup (no sugar added)
* Watermelon
* Blueberries
* Blackberries
* Strawberries
* Melon – honeydew or cantaloupe
* Mango
* Apple sauce
* Avocado
* Kiwi

**VEGETABLES**

* Carrot sticks
* Cucumber slices
* Celery sticks
* Cherry tomatoes
* Broccoli
* Cauliflower
* Green beans
* Edamame
* Pickles
* Homemade salsa
* Sugar snap peas
* Corn
* Bell peppers

**MAIN COURSE**

* Ham & Cheese roll-ups
* Turkey & Cheese roll-ups
* Chicken salad & crackers
* Tuna salad & crackers
* Hummus & pita
* Hard or soft tacos
* Cottage cheese
* Peanut butter
* Grilled chicken strips
* Quesadilla
* Tofu
* Salad
* Pita pizza

Pick one item from each group for a healthy back to school lunch!

**Healthy School Lunches**