



Create A Lunch -----Let's Bag It!

Choose at least one item from each list to create a healthy, satisfying lunch!
 Circle all items that you like to eat. Add other items in each column. Now- plans 4 lunches below- **Think outside the box-** use leftovers or other foods that keep well!

Bread/Grain	Sandwich Filling	Fruits and/or Veggies	Beverage	Extras
Choose from: -Bagel -Whole Wheat Bread - Pita Bread -Tortillas -Rice Cakes -Roll -Bun Other: _____ _____ _____	Peanut butter Cream cheese Ham Turkey Lunch meat (_____) Beans Egg Salad Tuna Salad Ham Salad Other: _____ _____ _____	Lettuce Tomatoes Onions Hot/Sweet Peppers Carrots Celery Cauliflower Broccoli Apple Orange Banana Grapes Melon cubes Pears Cherries Kiwi Other: _____	Water Milk Chocolate Milk 100% juice Juice drink Soda Other: _____ _____ _____ _____ _____	Cookies Chips Pudding Raisins Pretzels Corn chips Graham crackers Other: _____ _____ _____

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