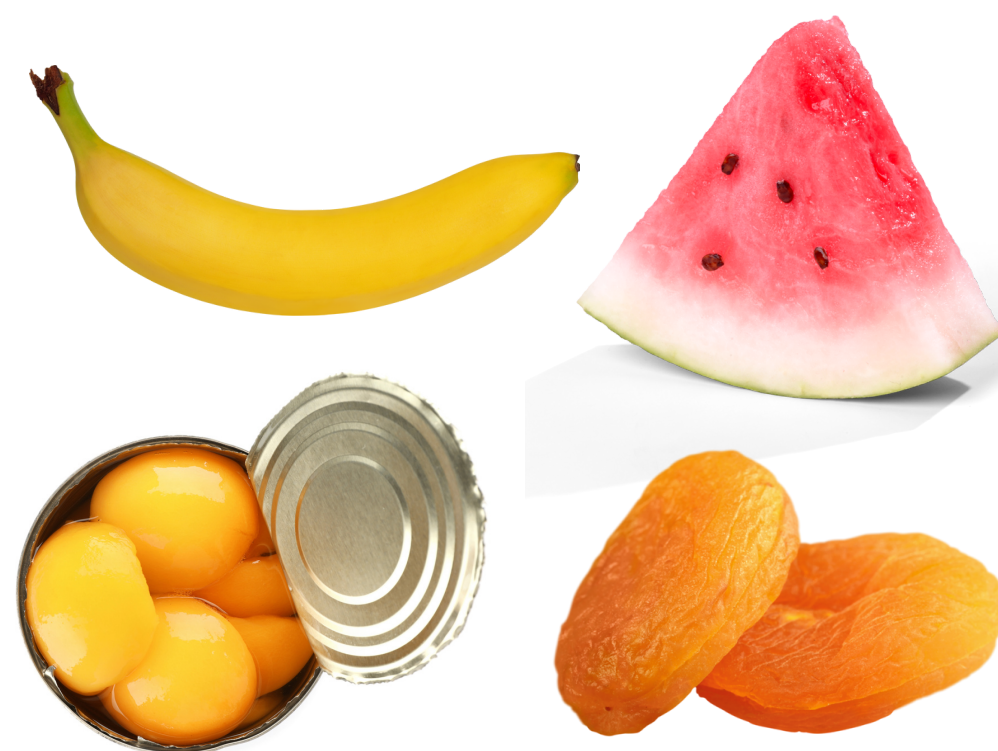


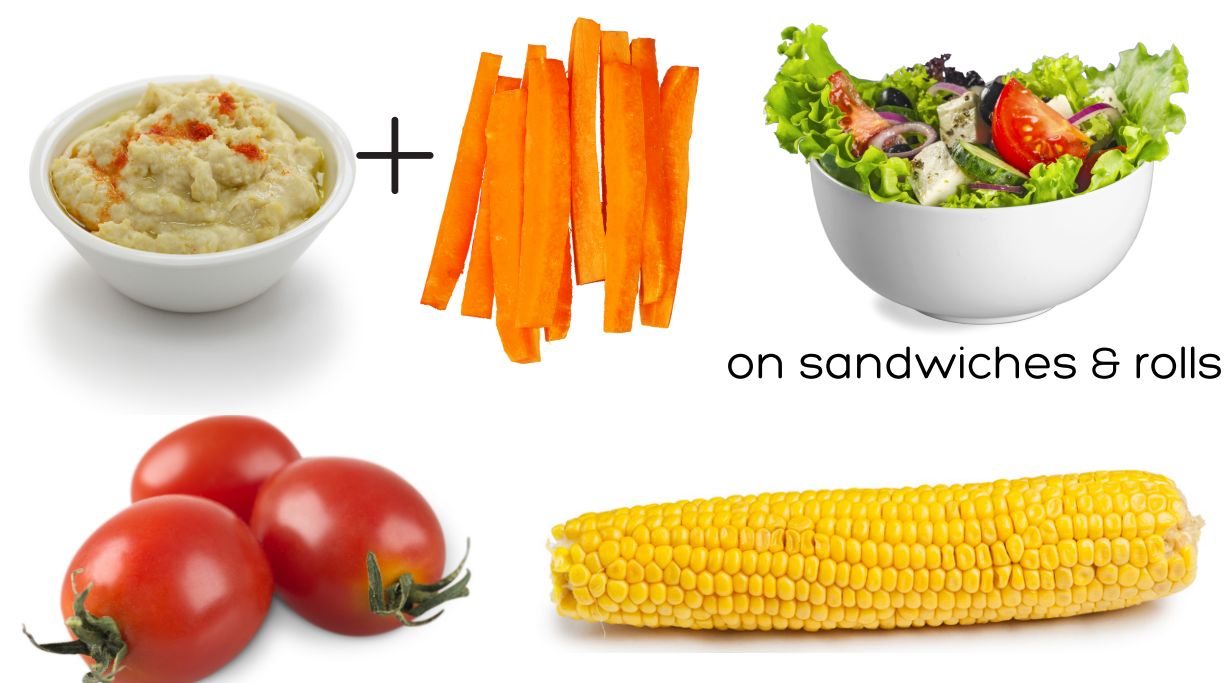
LUNCHBOX BUILDER

For a balanced, healthy lunchbox, choose from each of the 5 food groups:

FRUIT



VEGETABLES & SALAD



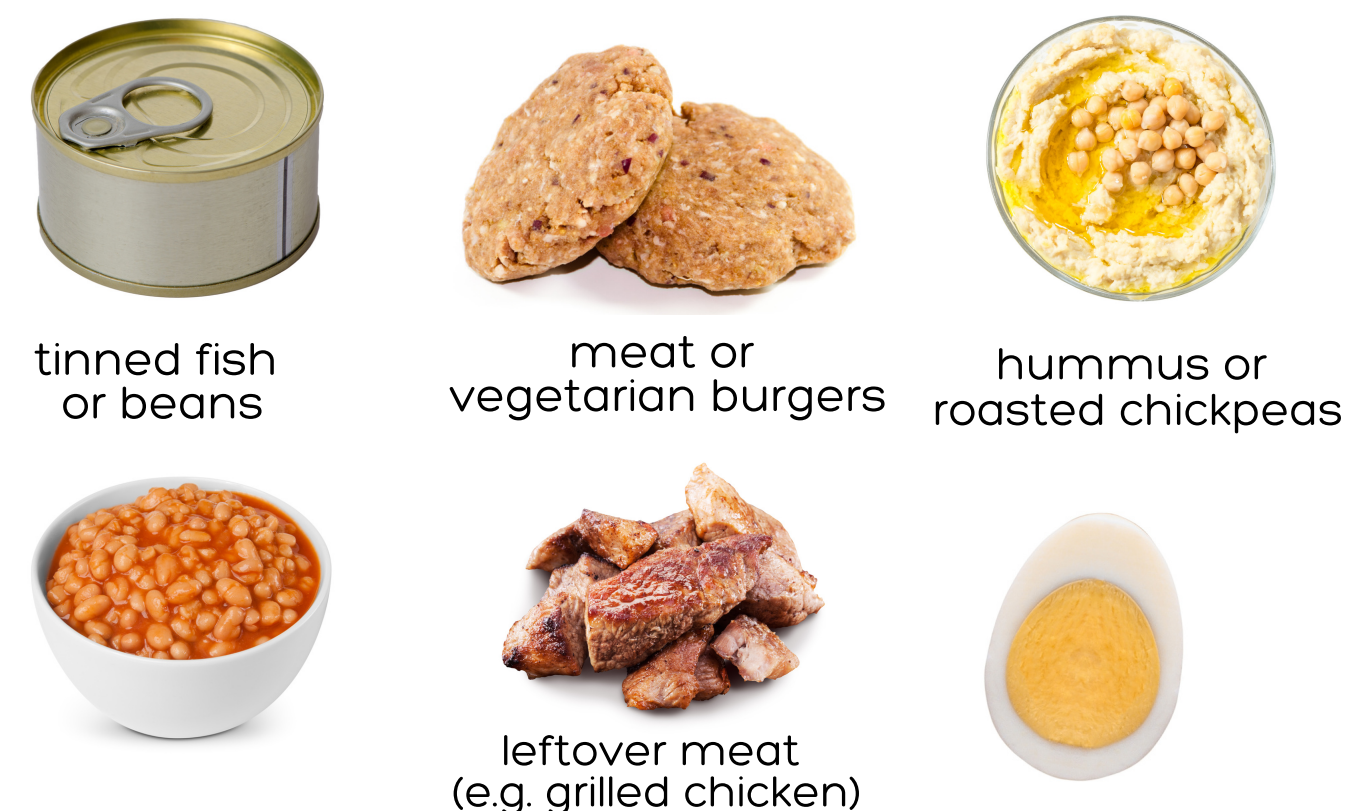
DAIRY



GRAINS



MEAT & ALTERNATIVES



WATER



- **Fruit:** offer dried fruit no more than twice per week
- **Meats:** choose lean meats
- **Dairy:** if plant based, choose calcium-fortified
- **Grains:** Choose wholegrains. Other ideas include: muffins, bagels, noodles, wraps, or homemade muffins
- **Vegetables:** use vegetable dip on sandwiches as a spread