



A Well Packed (Meatless) Lunch



Protein (Choose 1)



Sandwich – Almond or Peanut Butter & Jam/Honey/Banana Cheese



Pita with Hummus



Hard Boiled Egg



Celery and Almond Butter



Peanut Butter Balls



Peanut Butter or Cheese and Crackers

In a Thermos:



Soup



Tofu Stirfry & Rice





Last Night's Leftovers


Choose 3 or 4 of the Following. At least 1 Must be a Fruit/Veggie.

Fruit/Veggie

Apple 

Banana 

Tomatoes 

Snap Peas 

Strawberries 

Dried Mango 

Orange 

Celery 

Raisins 

Dried Cherries 

Pears 

Carrots 

Olives 

Other

Cookies or other treat  Yogurt 

PB Pretzels  Cheese 

Granola Bar  Pistachios 

Pasta Salad 