

NAME(S): _____

for the week of: _____



MAIN

- cracker stackers
- sandwich kabob
- deli sammie / slider / wrap
- mediteranean sammie / slider / wrap
- BLT & avocado sammie / slider / wrap
- chicken salad sammie / slider / wrap
- pinwheels:
- PB&:
- bagel &:
- soup:
- salad:
-
-

SNACK

- trail mix
- pretzels
- edamame
- hard-boiled egg
- yogurt:
- cheese:
- chips:
- crackers:
- granola bar
- muffin:
-
-
-

FRUIT

- apples
- pears
- cutie / orange
- blackberries
- pomegranate
- kiwi
- melon
- fruit pouch
- fruit leather
-
-

VEGGIE

- carrots
- celery
- cucumber
- bell pepper
- sugar snap peas
- broccoli
- cherry tomatoes
-
-

DIPPIE

- hummus
- ranch
- peanut butter / nut butter
- chocolate nut butter
- salsa
-
-

TREAT & DRINK