



Lunch Box Checklist

Fruits



Apples



Pineapple



Blueberries



Oranges



Watermelon



Cantaloupe



Strawberries



Bananas

Starches



Bagel



Bread



Crackers



Pasta



Pretzels

Proteins



Deli meat



Egg



Tofu



Nuts



Peanut butter

Vegetables



Tomatoes



Broccoli



Carrots



Celery



Cucumber



Peppers



Peas

Dairy



Cheese



Milk



Yogurt

Pick one from each category.
Mix & Match!

Want to make some changes?
It's easy to edit this list at
thetripclip.com

This list is designed to fit perfectly on a
kid-sized clipboard:

