Lunch Box Checklist

Fruits

- Apples
- Pineapple
- Blueberres
- Oranges
- Watermelon
- Cantaloupe
- Strawberries
- Bananas

Vegetables

- Tomatoes
- Broccoli
- Carrots
- Celery
- Cucumber
- Peppers
- Peas

Starches

- Bagel
- Bread
- Crackers
- Pasta
- Pretzels

Proteins

- Deli meat
- Egg
- Tofu
- Nuts
- Peanut butter

Dairy

- Cheese
- Milk
- Yogurt
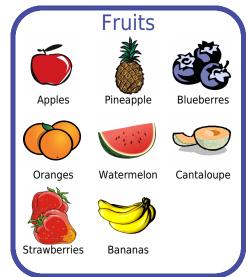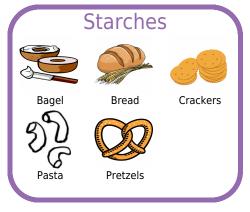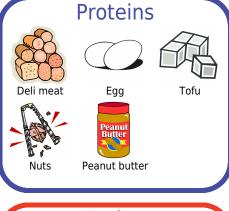
Pick one from each category. Mix & Match!

Want to make some changes?

It's easy to edit this at TheTripClip.com

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