



# 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 at  
[TheTripClip.com](http://TheTripClip.com)

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

