

# What's for lunch?

Make your own lunch plan. Choose 1 option from each color category on the next page, and place it here below for each day of the week.

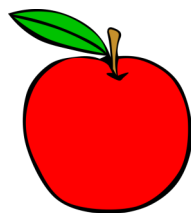
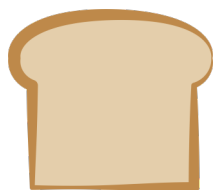
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Talk to your nutritionist if you have more questions!



Care you feel good about.

866.246.8259

[www.chnny.org](http://www.chnny.org)



Whole-grain  
crackers  
with cheese  
& turkey  
slices

Chicken salad  
on whole  
wheat bread

Roll-up wrap  
with cheese,  
mayo, and  
lettuce

Peanut butter  
& smashed  
strawberry  
sandwich

Cream  
cheese &  
cucumber  
sandwich

Grapes

Strawberries &  
blueberries

1-2 small  
oranges

Apple slices

Pineapple  
chunks

Baby carrots

Sliced sweet  
peppers

Cherry  
tomatoes

1 string  
cheese

1 hard-boiled  
egg

Yogurt

Chocolate  
pudding

Handful of  
almonds &  
raisins

Animal  
crackers

1 fun-size  
chocolate of  
child's choice

Tuna fish  
on wheat  
bread

Ham &  
cheese on  
multi-grain  
bread

Almond butter  
& banana  
sandwich

Turkey,  
tomato &  
avocado  
roll-up wrap

Mini pita  
cut into  
wedges &  
to-go  
hummus dip

Mixed  
fruit cup

Applesauce

Cherries

Fresh peach &  
kiwi halves

Blackberries  
& raspberries

Sliced  
cucumber

Pretzels &  
cashews

Celery pieces  
with peanut  
butter

Roasted  
chickpeas

Green beans

1-2 dates filled  
with almond  
butter

Graham  
crackers

1 Homemade  
mini muffin

Popcorn

1 snack-size  
of goldfish  
crackers

**Blue** = Sandwich, **Yellow** = Fruit, **Green** = Snack, **Red** = Healthy Treat