Lunchbox Reference Guide

- ✓ Have at least 1 item from each of the four food groups (Vegetables and Fruit, Grain Products, Milk and Alternatives, Meat and Alternatives)
- ✓ A dark green or orange vegetable (broccoli, spinach, carrot)
- ✓ A whole grain choice
- ✓ Lower fat meat, or meat alternative (eggs, chickpeas)
- ✓ Water, milk or 100% fruit juice
- ✓ Foods higher in fat, calories, sugar (not part of four food groups) are absent or only a small portion of whole lunch
- ✓ Cold food is kept cold and hot food is kept hot until lunch time

GRAIN	PROTEIN	FRUIT & VEGETABLES	DRINKS	SNACKS
☐ Pita	☐ Lean deli slices	☐ Banana	☐ Milk, white or chocolate	☐ Yogurt
☐ Wrap	☐ Chicken, beef, pork	☐ Apples	☐ 100% fruit juice	☐ Granola bar
☐ Whole Wheat Bread	☐ Tofu	☐ Grapes	☐ Vegetable juice (V8)	☐ Homemade trail mix
☐ English Muffin	☐ Salmon	☐ Pear	☐ Yogurt and fruit shakes	☐ Raisins
☐ Pasta	☐ Tuna	☐ Strawberries	☐ Water	☐ Homemade cookies, muffins
☐ Rice	☐ Eggs	☐ Celery		☐ Applesauce
☐ Noodles	☐ Cheese	☐ Baby Carrots		
☐ Couscous	☐ Hummus	☐ Cherry Tomatoes		
☐ Half bagel	☐ Chickpeas	☐ Spinach		
		☐ Corn		
		☐ Bell Peppers		
		☐ Lettuce		