School Lunch Ideas

Carbs	Protein	Dairy	Veggies	Fruit	Dessert
Crackers	Cheese sticks	Yogurt	Sliced tomatoes	Apples	Chocolate chips
Bread	Hummus	Cheese sticks	Sliced carrots	Pears	Gummy bears
Potato chips	Cottage cheese	Cheese slices	Green beans	Peaches	Raisins
Rice	Tuna fish	Cottage cheese	Broccoli	Strawberries	Nugo bars
Tortilla chips	Black beans		Lettuce	Blueberries	
Tortillas			Seaweed	Raspberries	
			Peas	Cantaloupe	
				Watermelon	
				Grapes	