

Mix-and-match lunches!

Kids, pick one or more foods from each group to create a power-packed lunch. Enjoy with water or milk.

Veggie	Fruit	Protein	Whole grain
Asparagus	Apple slices	Black beans*	Bagel
Beets	Applesauce (unsweetened)	Cheese	Bread
Black beans*	Apricots	Chicken	Brown rice
Broccoli	Avocado	Cottage cheese	Cereal
Carrot sticks	Banana	Edamame*	Crackers
Celery sticks	Berries	Fish	Oatmeal
Cherry tomatoes	Cantaloupe slices	Garbanzo beans*	Pasta
Corn	Cherries	Hard-boiled egg	Pita pocket
Cucumber slices	Dates	Hummus	Popcorn
Edamame*	Grapes	Legumes	Quinoa
Garbanzo beans*	Grapefruit	Lentils	Tortilla
Green beans	Honeydew	Nuts	Wild rice
Kohlrabi slices	Jackfruit	Nut butter	
Jicama	Kiwi	Soy	
Kale	Mango	Tofu	
Lettuce	Oranges	Tuna	
Peapods	Peaches	Turkey	
Radishes	Pears	Yogurt	
Salsa	Pineapple		
Spinach	Pomegranate seeds		
Squash	Raisins		
Sweet pepper slices	Raspberries		
Sweet potatoes	Strawberries		
	Watermelon cubes		



Remember to look for fresh, frozen, canned and dried options. They all count towards your five!

*Did you know? Beans/legumes, like black beans, Garbanzo beans, etc. count as both a veggie and a good source of protein. That's why you can find them under each group.



"How can I mix up my kids' lunch so they don't get bored, but still get what they need to power through their day?"



Get kids involved! Here are a few ideas:

Let them create their own lunch using this mix-and-match menu. Let kids cut fruits and veggies into different shapes and sizes using shaped cookie cutters and making a fun design on their plate.