

PROTEIN & MAIN DISH

Chicken Nuggets
Hard Boiled Eggs
Deviled Eggs
Scrambled Eggs
Egg Casserole
Deli Meats
Quesadillas
Bean Burritos
English Muffin/Bagel Pizza
Peanut Butter
Mixed Nuts
Hot Dog
Hamburger
Bagel Hot Dog Bites
Veggie Nuggets
Black Beans
Meatballs
Tacos
Tuna Salad
Pepperoni Slices
Sushi Rolls

CARBS

Goldfish Crackers
Cheez Its
Crackers
Muffins
Bagel
Pita Bread
Tortillas
Mini Pancakes
Granola Bars
Rice
Fried Rice
Bread
Mac & Cheese
Cereal
Pretzels
Spaghetti
Potato Salad
Chips
Veggie Chips
Sub Sandwich
Pasta Salad

VEGETABLES

Carrot Sticks
Celery Sticks
Cucumbers
Broccoli
Bell Pepper Slices
Grape Tomatoes
Lettuce or Spinach Leaves
Mixed Salad
Snap Peas
Green or Black Olives
Pickles

FRUITS

Grapes
Apples
Strawberries
Banana
Cantaloupe
Watermelon
Honeydew
Cherries
Clementine
Nectarine Slices
Mango Slices
Pineapple Chunks
Blueberries
Raspberries
Blackberries
Raisins
Dried Fruit
Canned Fruit
Fruit Cocktail

DAIRY

Babybel Cheese
Yogurt
Cheese Cubes
String Cheese
Cottage Cheese
Pudding

DIPS

Hummus
Salad Dressing
Peanut Butter
Nutella
Greek Yogurt
Sour Cream
Cream Cheese

