

Main Dish & Protein Snacks

- Cheese, meat and crackers
- Deviled eggs
- Uncrustable pb&j sandwiches (homemade)
- Chicken salad on bread or crackers
- Pasta-spaghetti, pasta salad, etc.
- Protein energy balls
- Salads with meat, eggs, cheese, etc.
- Soups
- Cucumber sandwiches
- Celery and pb
- Tortilla wraps
- Apple sandwiches
- Homemade pizza lunchables
- Cheese squares/string cheese
- Yogurt & granola
- Dinner leftovers

Fruit/Veggies

- Berry salad
- Veggie sticks with hummus or dips
- Organic Go-go squeezies
- Applesauce
- Watermelon wedges
- Grapes
- Orange wedges/little cuties
- Smoothies
- Fruit cups
- Dried fruit
- Sautéed veggies (thermos)
- Salad
- Mini peppers
- Salsa & tortilla chips

- Plantain chips
- Corn bean salsa & chips

“Carb” Snacks

- Veggie straws
- Pretzels
- Organic cheez-its
- Crackers
- Graham crackers
- Organic cheese puffs
- Animal crackers
- Muffins

Healthy Fats

- Olives
- Nuts
- Sunflower seeds
- Kind bars
- Larabars
- Avocado
- Olive oil based dressing

Treats

- *Paleo chocolate chip cookies*
- *Healthy rice krispie treats*
- *Coconut macaroons*
- *Banana sundae bites*
- *Avocado brownies*
- *Pb & chocolate dip (for pretzels/apples)*