

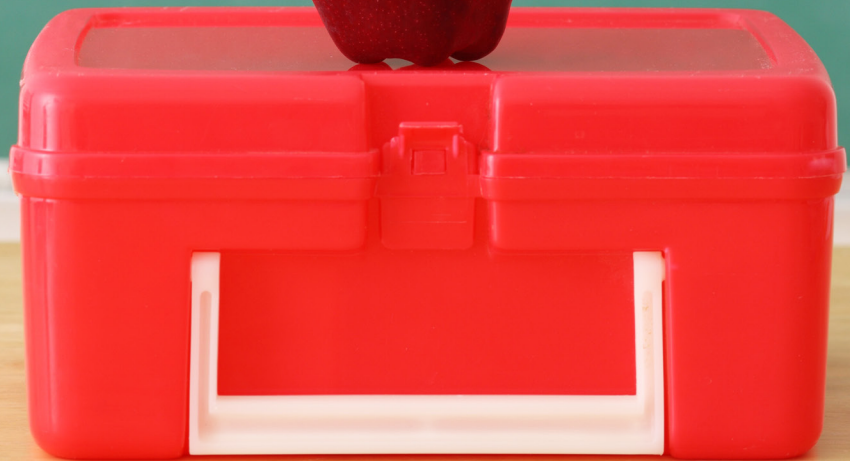
# powerup **Mix-and-match lunches!**

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



**Allergy Alert:** *If your child is allergic to peanuts or tree nuts, try sunflower butter.*



## KIDS ON-THE-GO

Pack a cooler with a power-packed mix-and-match lunch!

- Jicama + Berries + Yogurt + Granola
- Hummus + Pita bread +veggie sticks + watermelon
- Black beans + Rice + Corn + Pineapple