



# LUNCH-BOX ITEMS

- peanut butter
- □ jelly
- granola bars trail mix
- □ chip & pretzel bags
- juice boxes □ individual apple
- sauces, jello & puddings

### **FRUIT** canned or dried fruit

□ juice

□ cereal

oatmeal

## **VEGETABLES** canned vegetables

mashed potatoes

## **GRAINS** □ rice

pastas

**PROTEIN** 

a canned meat or fish

□ tuna

peanut butter nut butter

DAIRY

dry or canned beans

□ powdered milk

## □ shelf-stable milk

# **OTHER**

□ mayonnaise

□ sugar

□ coffee

flour

NON-FOOD ITEMS shampoo

conditioner deodorant

lotion

□ baby formula □ baby cereal

oil 🗆 □ ketchup

 detergent □ diapers

□ wipes

detergent