



# Let's Do Lunch!

» **MIX AND MATCH** these delicious options to create an out of the (lunch!) box mid-day meal for your kiddos. Better yet, have them get in on the action and pick their favorite combos.

## THE OUTSIDE

Tortilla



Lettuce Leaf



Crackers



Bagel



**Beyond the Bun.** Who said a sandwich needs to start with two slices of bread? Think outside the loaf to create next-level sandwiches for your kid's lunch!

## THE FILLINGS

Grilled Veggies



Chicken Breast



Hummus



Cheese



**The Inside Deal.** Shake up lunch with fun, creative, protein-rich fillings that give kids the energy they need to power through the day.

## HEALTHY SNACKS

Popcorn



Carrots



Hard Boiled Egg



Granola Bar



**Quaker® Chewy Fruity Fun™ Granola Bars** combine wholesome 100% whole grains with delicious fruit flavors, like Apple and Strawberry. They are the lunchbox snacks parents can feel good about and kids love. » [quakeroats.com](http://quakeroats.com)

## DIPS AND TOPPERS

Plain Yogurt



Salsa



Ranch Dressing



Ketchup



**Dip, Dip Hooray!** Kids are more likely to eat veggies and other healthy foods if it's served with a sauce or condiment—so tuck a yummy dip into their lunchbox.

## SWEET ENDINGS

Trail Mix



Brownies



Fruit



Cookies



**Enjoy Life Chocolate Chip Cookies** are free from 14 allergens and always gluten-free and nut-free! Enjoy Life tasty treats will make any day sweeter! » [enjoylifefoods.com/collections/cookies](http://enjoylifefoods.com/collections/cookies)

## WASH IT DOWN

Lemonade



Water



100% Juice



Milk



**Organic Valley Shelf-Stable 1% Lowfat Milk.** All the organic goodness of Organic Valley milk in convenient single serve containers. » [find it on Amazon](http://find it on Amazon)