

1. Whole wheat wrap:

- A. Whole wheat tortillas
 - B. Meat (Ham, turkey, chicken, roast beef)
 - C. Cheese
 - D. Veggies (lettuce, tomato, avocado, peppers etc.)
 - E. Salad dressing or mayo
- Fruit
Snap pea crisps
Milk

2. Canned tuna/chicken/hard boiled egg salad:

- A. Tuna salad (mayo sweet pickle relish) or chicken salad (celery, onion, mayo, s&p) or egg salad (mayo, s&p, onion, celery)
 - B. Crackers or bread
- Fruit salad (grapes, strawberries, blueberries, apples)
Popcorn
Milk

3. Mish mash:

- A. Summer sausage
 - B. Jerky
 - C. Nuts
 - D. Hard cheese
 - E. Whole grain crackers
- Grapes/Apples
Milk

4. Soup with grilled cheese:

- A. Whole wheat bread
 - B. Sliced cheese
 - C. Thin sliced ham
 - D. Real butter
- Baby carrots, peppers / hummus - dip
Milk

5. Sandwiches:

- A. Deli meat
 - B. Sliced cheese
 - C. Whole wheat bread
 - D. Veggies (lettuce, tomato, avocado, peppers etc.)
- Apples with dipping peanut butter
Milk