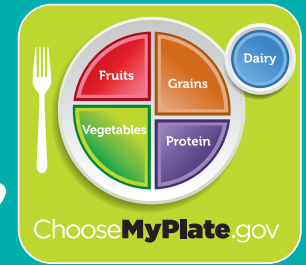


# BUILD A BETTER LUNCH

**GIANT**



## GRAINS

Choose whole grain bread, wraps, crackers, pasta, cereal, tortilla chips, popcorn, rice cakes or muffins.



## PROTEIN

Include protein like deli turkey, chicken, tuna salad, eggs, nut or seed butters, beans or hummus.

## FRUITS & VEGGIES

Add in fruits and veggies like carrot sticks, tomatoes, cucumber slices, apples, orange slices, or raisins.



## DAIRY

Try cheese, yogurt, cottage cheese, milk, or a dairy alternative like almond milk for a boost of calcium.

## FINISH

Complete your child's lunch with a sweet treat, stickers, a note or a colorful napkin.



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