



Food Packing Guidelines

Breakfast: must include a grain, a fruit or vegetable (or a mix of the two) and milk.

Lunch: must include a meat/meat alternate, vegetable, fruit, grain and milk.

Snack: Pick two of the 4 components. For example, fruit & grain or meat & vegetable.

**Other snacks and treats do not satisfy USDA guidelines but may be packed in addition to.

<u>Component #1</u>	<u>Component #2</u>	<u>Component #3</u>	<u>Component #4</u>	
<u>Meat/Meat alternates</u> <ul style="list-style-type: none"> Lean meat Poultry Fish Cheese Egg Cooked dry beans or peas Peanut butter or other nut butters Yogurt Peanuts, soy nuts, tree nuts or seeds 	<u>Vegetables</u> <ul style="list-style-type: none"> Cucumbers Carrots Celery Green Salad Cherry Tomatoes Pickles Red/Yellow Peppers Snap Peas Broccoli Cauliflower Edamame 	<u>Fruits</u> <ul style="list-style-type: none"> Strawberries Grapes Apples/ applesauce Watermelon Blueberries Raspberries Peaches Mango Cherries Cantaloupe Pineapple Oranges Bananas Dried fruit Canned fruit Raisins 	<u>Grains</u> <p>(*Whole wheat recommended)</p> <ul style="list-style-type: none"> Bread Biscuit Roll Muffin Bagel Tortillas Oatmeal Cereal Pasta Rice Granola/granola bars Crackers Pancakes Pretzels Croutons Popcorn Rice Cakes 	<u>** Other Snacks</u> <ul style="list-style-type: none"> Fruit snacks Pudding Cookies Brownies Veggie Straws Rice Krispies treats Jello Chips

Sample lunches: -Ham & cheese sandwich, carrots, applesauce and milk.

-Peanut butter & jelly sandwich, celery, banana and milk.

Sample breakfast: -Cereal, strawberries and milk.