



Preschool Lunch Checklist

Veggies

- Peas
- Green beans
- Cooked carrot coins
- Raw carrot sticks
- Steamed broccoli
- Corn cob thirds
- Avocado
- Cherry tomatoes
- Cubed baked potatoes
- Avocado

Dips

- Guacamole
- Yogurt
- Hummus
- Cream cheese
- Apple sauce

Protein

- Ham cubes
- Deli turkey
- Black beans
- Hummus
- Hard boiled eggs
- Nuts
- Roasted chickpeas
- Rotisserie chicken
- Salami

Dairy

- Cheddar
- Mozzarella
- Yogurt
- Cream cheese

Fruit

- Strawberries
- Blueberries
- Blackberries
- Watermelon
- Apple slices
- Mandarin oranges
- Orange slices
- Grapes
- Dried banana chips
- Bananas

Grains

- Pasta
- Mini muffin
- Mini pita
- Wheat Thins
- Goldfish
- Popcorn
- Pancakes
- Tortillas
- Banana bread
- Pretzels
- Mini club crackers

Treats

- Apple sauce pouch
- Homemade pouch
- Chocolate covered sunflower seeds
- Cereal bars
- Granola bars
- Gummies
- Fruit leather