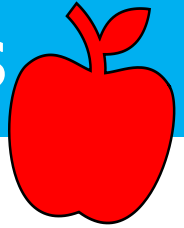


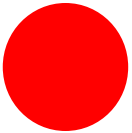
7 DAYS OF HEALTHY LUNCHES



Healthy Grilled Cheese (whole grain bread, real cheddar)
Garden Salad (cucumbers, tomatoes, lettuce)
Fresh Strawberries
Milk



Veggie Pita (hummus, lettuce, tomatoes, peppers, cucumbers)
Cubes of cheese
Peach Slices
Milk



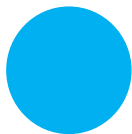
Egg Salad Muffin (egg salad on half a toasted English Muffin)
Cucumber Slices
Blueberries
Milk



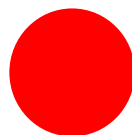
Vegetable Soup (homemade, healthy store variety)
Celery stuffed chicken salad
Orange Slices
Milk



Tuna Sub (mini whole grain bun with tuna salad)
Cherry tomatoes
Grapes
Milk



Mac and Cheese (10 minute recipe)
Red pepper slices
Apple Slices
Milk



Mini Chicken Wrap (whole grain tortilla, lettuce)
Celery Sticks
Banana Slices
Milk

