

CLASS LUNCH IDEAS

1. MILK (whole milk for children ages 1-2 years)
 - a. White
 - b. Flavored
 - c. Allergies? May substitute with soy milk.

2. MEAT or MEAT ALTERNATE
 - a. Deli meat (cut or rolled into manageable pieces)
 - b. Chicken nuggets or fish sticks (cannot heat on-site)
 - c. Tuna
 - d. Beans (refried, pinto, etc.)
 - e. Hard boiled egg
 - f. Yogurt (custard-style is easier for toddlers to manage independently)
 - g. Chicken
 - h. Diced ham
 - i. Cheese (slices; not shredded)
 - j. Chicken salad; ham salad; tuna salad

3. FRUIT/VEGETABLE (2 different items needed)
 - a. Grapes (cut in half)
 - b. Apple wedges, peeled
 - c. Orange slices
 - d. Banana (please include a baggie for leftovers)
 - e. Peaches (cubed or sliced)
 - f. Plum (cubed or sliced)
 - g. Julienned carrots (sold as "Matchstick" carrots)
 - h. Cooked carrot slices
 - i. Green beans (drained)
 - j. Strawberries
 - k. Peas
 - l. Tomato slices
 - m. Pineapple

4. BREAD/CEREAL
 - a. Dry cereal
 - b. Slice of bread
 - c. Crackers (whole wheat, goldfish, saltine, etc.)
 - d. Pretzels
 - e. Muffins
 - f. Rolls
 - g. Cornbread
 - h. Pasta (e.g., Gerber Graduates Pasta Pick-ups)
 - i. Flour Tortilla

FAQ's

Does it count....?

MILK

ITEM	YES	NO	It depends....
Yoo Hoo		X	
Drinkable Yogurt		X	Meat Alternate?
Soy Milk	X		
Almond Milk		X	

MEAT/ MEAT ALTERNATE

ITEM	YES	NO	It depends....
Yogurt	X		
Legumes	X		
Nacho Cheese Dip		X	
Nutella		X	
Gerber Yogurt Melts		X	
Sunbutter	X		

FRUIT/ VEGGIE

ITEM	YES	NO	It depends....
Juice			If it is 100% Juice
Fruit Snacks		X	
French Fries	X		
Capri-Sun Super V	X		ONE pkg counts as TWO DIFFERENT Fruits & Veggies
Veggie Straws	X		
NutriGrain Bars		X	Counts as a grain
Pickles/Olives		X	Too high in sodium

GRAIN

ITEM	YES	NO	It depends....
Chips, Cookies			If first ingredient is "enriched" (flour, cornmeal, etc.)
Chips Ahoy! Minis	X		