

THE FAMILY FUDGE

BUILD YOUR OWN LUNCH

MAIN COURSE

PB & J Sandwich
Tuna/Egg/Chicken Salad Sandwich
Deli Meat Sandwich
Wrap
Leftovers
Grilled Cheese Sandwich
Pasta w/ Sauce
Cereal & Milk

DIY Lunchables
DIY Tacos
DIY Pita Pizza
Bagel & Cream Cheese
Hot Dog & Bun
Meat Balls
Mac & Cheese
Pancakes
Bagel

Pinwheel Sandwich
Croissant Sandwich
Quesadilla
Waffle PB & J
Chicken Nuggets
Soup & Salad
Pizza Lunchable
Yogurt & Granola
English Muffin Pizza

FRUIT

Apple	Applesauce	Raspberries
Orange	Watermelon	Cantaloupe
Mandarin	Apple Chips	Mango
Pineapple	Banana Chips	Cherries
Peach	Blueberries	Dried Fruit
Banana	Strawberries	
Kiwi	Fruit Cup	
Grapes	Pear Slices	

VEGETABLES

Carrots	Pickles
Celery	Cauliflower
Sugar Snap Peas	Olives
Broccoli	Corn
Side Salad	Cucumber
Cherry Tomatoes	
Bell Pepper Strips	
Edamame Beans	

TREATS

Cookies	Graham Crackers
Granola Bar	Fruit Leather
Fruit Snacks	Rice Krispy Treat
Pudding	Fig Bar
Jello	Chocolate Raisins
Brownie	Yogurt Pretzels

SIDES

Popcorn	Trail Mix
Goldfish	Yogurt Cup
Crackers	Yogurt Tube
Ritz Crackers	Potato Chips
Veggie Straws	Tortilla Chips
Pretzels	Hummus & Veggies
String Cheese	

DRINKS

Water
Milk
Choc. Milk
Juice Box
Capri-Sun
Lemonade