

# MIX AND MATCH SCHOOL LUNCH

Choose one or two from each group (#1-4) daily

Or, choose one from group #5, and adjust groups #1-4 to keep meal balanced.  
Add items from group #6 as needed.



## GROUP #1: STARCH

Pretzels	Pita Chips
Corn Chips	Whole Grain Mini Muffins
Granola Bar	Whole Grain Pancakes
Popcorn	Whole Grain Waffles
Graham Crackers	Breakfast Bar
Whole Grain Pita	Whole Grain Toast
Bagels / Mini Bagels	Annie's Bunnies
Whole Grain Pasta	Whole Grain Roll
Whole Grain Tortilla	Whole Grain Crackers
Whole Grain Chips	

## GROUP #2: FRUIT

Apple Slices	Fruit Leather
Banana	Applesauce
Orange Slices	Raisins
Freeze Dried Fruit	Craisins
Grapes	Watermelon
Strawberries	Cantaloupe
Blueberries	Kiwi
Peaches	Clementines
Plum	Fruit Kabob

## GROUP #3: VEGGIES

Carrot Sticks	Snap / Snow Peas
Cherry	Bell Peppers
Tomatoes	Freeze Dried Veggies
Celery Sticks	Broccoli
Pickles	Cucumber
Salad	Steamed Veggies

## GROUP #4: PROTEIN

Ham	Cashews
Turkey	Cheese Stick
Peanuts	Almonds
Sliced Cheese	Hard Boiled Eggs
Peanut Butter	Trailmix
Olives	Yogurt
Pistachios	

## GROUP #5: MAIN

Peanut Butter Banana Sandwich	
Peanut Butter Pita / Bagel	
Club Sandwich	Club Sandwich Wrap
Sandwich Kabobs	Peanut Butter & Jelly
Cesar Salad	Peanut Butter & Honey
Taco Cups	Chicken Salad Wrap
Tuna Salad Sandwich	Cobb Salad
Meat & Cheese Kabobs	Peanut Butter Sushi
	Peanut Butter Wrap

## GROUP #6: OTHER

### DESSERTS:

Licorice  
Coconut Chips  
PB Popcorn Nuggets  
Homemade Sweet Breads  
Sweet Whole Grain Crackers  
Chocolate Covered Nuts/Fruit

### DIPS/SPREADS:

Peanut Butter  
Ranch  
Mustard  
Hummus  
Butter  
Syrup  
Jelly  
Salsa