

Picnic Lunches

1	2	3	4	5
<i>Lunch</i>				
Whole wheat bread sticks w hard boiled eggs	Whole wheat bread sandwiches w low sodium chicken loaf	Whole wheat Tortilla w tuna salad w light mayo	Whole wheat English muffins, egg salad w light mayo	Whole wheat bagels w low sodium chicken bologna
Grape tomatoes, sliced cucumber, carrot sticks	Cucumber, grape tomatoes, cucumber slices	Carrot sticks/ raw broccoli	Celery/carrot sticks	Broccoli/carrot sticks
Plums	Apples	Plums	Strawberries	Grapes
Cubed low fat, cheddar cheese	Cubed low fat cheddar cheese	Cubed low fat cheddar cheese	Cubed low fat mozzarella cheese	Cubed low fat cheddar cheese
<i>Vegetarian</i>				
Same	Soy veggie slices to replace chicken	Pea butter to replace tuna	Same	Veggie salami slices to replace chicken
Snacks/meals can occasionally be substituted with nutritionally equivalent foods according to availability				
<ul style="list-style-type: none"> • Water always available • Food is available for children who request more 				