**Good & Healthy**

 **Lunchbox Items:**

Carrots (fresh sliced carrots (regular size) have a better flavor than baby carrots). Cucumbers (many children like seedless). Broccoli, cauliflower, Tomatoes.

Sliced fresh vegetables:

Salsa or Salad’s

Sliced fresh fruit: Pineapple, Pears, Apples, Oranges, Watermelon, Kiwi, Grapes, & Mango.

Whole fruits: Banana, cutie’s (peel off for younger children), Berries, any kind.

Dried fruits in small quantities. Lean sandwich meats, Cheeses, P-nut butter, Almond butter, Hummus, Hazelnut spread, Tuna salad, Grilled Chicken bites, Cottage Cheese with or without fruit, Pizza.

Thermos items: Soup, Mac-n-cheese, Spaghetti, Favorite Leftovers, Green Beans, Chili, Cooked Vegetables, Corn on the Cob.

Breads: Whole Wheat, White, Wheat, Rice Cakes, Goldfish Crackers, Whole Grain Crackers, Tortillas, Baked Nacho’s.

A stainless steel, thermos brand thermos holds heat better than any other we have seen.

**Unhealthy Lunchbox Items**:

Potato chips, cheese Puffs, Cookies, Marshmallows, Gummies. Foods with High Sodium Content, High Sugar Content, Pre-Packaged Processed Foods. If these items are sent they will not be given to the child.

If a child’s lunch does not contain enough healthy items, then we will give them fruit or veggie sticks, and cheese or p-nut butter crackers to supplement their lunch. **There will be an additional charge for this. $1.00 per item, per day**