

LUNCH MENU

Put a check by the food you want in your lunch tomorrow.
Return to Mom before bedtime!

PROTEIN (choose 1)

- _____
- _____
- _____
- _____
- _____

VEGGIES (choose 1 or 2)

- _____
- _____
- _____
- _____
- _____

DRINK (choose 1)

- _____
- _____
- _____

FRUITS (choose 1 or 2)

- _____
- _____
- _____
- _____
- _____

GRAINS (choose 1)

- _____
- _____
- _____
- _____
- _____

SPECIAL TREAT – IF MOM SAYS IT’S OKAY! (choose 1)

- _____
- _____
- _____