

What's In My Lunch?



Did You Know?



- ★ **Bagel Bag:** Whole grain bagel with two low fat mozzarella sticks, fresh fruit and carrot sticks
- ★ **Turkey & Cheese Sandwich:** Oven roasted, low sodium turkey with low fat American cheese on whole grain bread
- ★ **Grilled Chicken Caesar Salad:** Grilled chicken over a bed of romaine lettuce with light Caesar dressing & a whole grain dinner roll
- ★ **Fruit & Cheese Platter:** Fresh grapes, vegetable sticks, cheese cubes and whole grain pita wedges
- ★ **Yogurt Bag:** Low fat yogurt with fresh fruit, carrot sticks, whole grain graham crackers and a low fat mozzarella cheese stick
- ★ **Hummus Platter:** Hummus cup with fresh vegetable sticks, whole grain pita wedges and fresh fruit