

Suggested Lunch Pack Items

The health of our children is paramount, so we work hard to set a nutritional example.

Each Lunch Pack includes 4 shelf-stable items-

1 drink, 1 snack, 1 sandwich equivalent, 1 fruit item.

(Please NO homemade food, no items that need refrigeration or are perishable).

Below are some suggestions.

Drink (1)

Small Water Bottle (8 oz)
Shelf-Stable Milk Box (non-chocolate)
100% Juice-Juice Box

Sandwich Equivalent (1)

YumButter w/crackers, single serve peanut/almond butter pack with pretzels, mini can Vienna Sausage, jerky (chicken, beef, turkey, pork), canned tuna or chicken salad pack, individual pastas/soups, individual mac & cheese

Snack (1)

Annie's Whole Wheat Bunnies, Oatmeal Squeeze, Clif Bars, Mamma Chia Chia Squeeze, Kind Bars, RX Bars, Lara Bars, Quaker Oats Chewy Granola Bars, Skinny Pop, Pirate's Booty, Boom Chika Pop, Nature Valley Granola Bars, Planter's Peanuts, Late July Crackers, Snyder's Pretzels, trail mix, cheese crackers, peanut butter crackers, almond pack

Fruit Item (1)

Fruit cups, applesauce, Annie's Fruit Snacks, Munk Pack Fruit, Buddy Fruits Apple Chips, Go Organically Fruit Snacks, Welch's Fruit Snacks (low sugar), Clif Kid Fruit Rope, fruit crisps, GoGo Squeeze Applesauce Packs.

(We give the children fresh fruit in family grocery bags)

Ending Childhood Hunger Right At Their Doorsteps!

www.kidsmealsinc.org