

# LUNCH MENU

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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)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_