

# a little of this & a little of that

CITY MOMS BLOG LUNCH PLANNER

| PROTEIN          | FRUIT/VEGGIE     | GRAIN          | DAIRY              | SWEET TREAT       |
|------------------|------------------|----------------|--------------------|-------------------|
| deli meat        | banana           | granola bar    | milk               | homemade treat    |
| almonds          | apple slices     | popcorn        | smoothie           | pudding           |
| peanut butter    | melon chunks     | tortilla chips | yogurt             | chocolate kisses  |
| turkey pepperoni | berries          | crackers       | chocolate milk     | mini candy bar    |
| tuna fish        | cucumber slices  | dry cereal     | drinkable yogurt   | cookie            |
| chicken          | celery sticks    | slice of bread | string cheese      | frozen juice tube |
| ham chunks       | fruit cup        | mini-bagel     | cottage cheese     | raisins           |
| pistachios       | pineapple chunks | fish crackers  | ranch dressing     | yogurt            |
| hard boiled egg  | grapes           | pretzels       | slices of cheese   | graham crackers   |
| sliced hot dog   | carrots w/ ranch | rice cakes     | cream cheese       | trail mix         |
| tofu             | broccoli         | muffin         | frozen yogurt tube | yogurt raisins    |
| hummus           | sweet potato     | rice           | frozen smoothie    | mixed berries     |
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