

BUILD YOUR LUNCH!

mix, match & make a lunch you'll love! ♥

HOW TO PLAY

★ CHOOSE EACH LUNCH ONCE
Once a choice has been chosen for a day, it can't be chosen again.

♥ REPEAT YOUR FAVORITES
You can choose the same options more than once!

Pick the way that works best for your family! ♥

STEP 1: CIRCLE 1 CHOICE FROM EACH CATEGORY TO BUILD YOUR MENU.

PICK A MAIN



- ☐ Turkey sandwich
- ☐ Ham & cheese
- ☐ PB&J
- ☐ Cheese & crackers
- ☐ Chicken wrap

PICK A FRUIT



- ☐ Strawberries
- ☐ Grapes
- ☐ Apple slices
- ☐ Orange
- ☐ Blueberries

PICK A VEGGIE



- ☐ Carrots
- ☐ Cucumbers
- ☐ Bell peppers
- ☐ Celery
- ☐ Cherry tomatoes

PICK A SNACK



- ☐ Pretzels
- ☐ Crackers
- ☐ Popcorn
- ☐ Yogurt
- ☐ Granola bar

PICK A TREAT



- ☐ Cookie
- ☐ Fruit snacks
- ☐ Mini muffin
- ☐ Graham crackers
- ☐ Chocolate chips

STEP 2: WRITE YOUR CHOICES FOR EACH DAY.

MONDAY

- MAIN: _____
- FRUIT: _____
- VEGGIE: _____
- SNACK: _____
- TREAT: _____

♥ YUM!

TUESDAY

- MAIN: _____
- FRUIT: _____
- VEGGIE: _____
- SNACK: _____
- TREAT: _____

♥ YOU GOT THIS!

WEDNESDAY

- MAIN: _____
- FRUIT: _____
- VEGGIE: _____
- SNACK: _____
- TREAT: _____

KEEP IT UP! ♥

THURSDAY

- MAIN: _____
- FRUIT: _____
- VEGGIE: _____
- SNACK: _____
- TREAT: _____

ALMOST THERE! ♥

FRIDAY

- MAIN: _____
- FRUIT: _____
- VEGGIE: _____
- SNACK: _____
- TREAT: _____

WEEKEND IS NEAR! ♥

NOTES