

# my lunch WISHLIST

NAME: \_\_\_\_\_

Pick two of your favourites from each category and one that you're willing to try.

## MAINS

- RICE AND BEANS
- DUMPLINGS
- PEROGIES
- SANDWICH OR WRAP  
(FISH, EGG SALAD, CHEESE, DELI MEAT)
- SOUP  
(CHICKEN NOODLE, VEGETABLE, MISO)
- PASTA  
(MAC 'N CHEESE, PESTO, LASAGNA, SPAGHETTI)
- NOODLES  
(RAMEN, PAD THAI, SOBA)
- HARD-BOILED EGGS
- BURRITO
- QUESADILLA
- TACOS
- SALAD  
(PASTA, FRUIT, GREEN)
- SUSHI
- MINI QUICHE
- CHILI
- PIZZA



- POT PIE
- STEW

## SNACKS

- YOGURT
- BREAD STICKS AND HUMMUS
- CHEESE AND CRACKERS
- COTTAGE CHEESE
- CHEESE
- APPLESAUCE
- DRY CEREAL
- KALE CHIPS
- SEAWEED
- GRANOLA BAR
- NUT-FREE TRAIL MIX
- DRIED FRUIT  
(RAISINS, CRANBERRIES, APRICOTS)
- RICE CAKES
- TORTILLA CHIPS
- PITA CHIPS
- PRETZELS
- MUFFIN

- CROISSANT
- SMOOTHIE  
(FRUIT AND YOGURT)
- BANANA BREAD

## TREAT

- BROWNIE
- POPCORN
- COOKIES
- PUDDING
- REAL FRUIT GUMMY PACKS
- CHOCOLATE

## FRUIT

- STRAWBERRIES
- BLUEBERRIES
- RASPBERRIES
- BLACKBERRIES
- GRAPES
- KIWI
- PINEAPPLE
- MANGO
- APPLE



- BANANA
- PEAR
- MELON
- CHERRIES
- TANGERINE
- ORANGE
- APRICOT
- PLUM
- PEACH



## VEGETABLES

- BELL PEPPER
- CUCUMBER
- CORN OR BABY CORN
- SNAP PEAS
- AVOCADO
- CARROT STICKS
- ZUCCHINI
- CELERY STICKS
- BROCCOLI
- GREEN BEANS
- CHERRY TOMATOES
- EDAMAME SOY BEANS