

everydayJun's Lunchtime Checklist

GRAINS	VEGETABLES	FRUIT (fresh & dried)	DELI	MEATS, POULTRY, EGGS, FISH	BEANS, NUTS	SPREADS & DIPS	TREATS & SIDES	DRINKS
<u>BREADS</u> bagel baguette english muffin pita roll rye bread tortilla white bread wheat/grain bread wrap <u>CEREAL</u> cereal (type) granola oatmeal <u>RICE</u> brown rice cakes white <u>PASTA</u> semolina spinach tomato whole wheat	asparagus bean sprouts beets bok choy broccoli brussel sprouts carrots cauliflower celery corn cucumber edamame eggplant green beans lettuce mushrooms peas peppers potatoes snap peas spinach squash zucchini	apples apricots avocado bananas blueberries cherries cranberries dates figs grapefruit grapes kiwi mango melon nectarines orange papaya peaches pears plums prunes raisins raspberries strawberries tomato	<u>MEAT</u> bologna chicken ham pastrami pepperoni prosciutto roast beef salami turkey <u>CHEESE</u> american brie cheddar cream cheese havarti monterey jack mozzarella muenster parmesan provolone ricotta swiss	<u>MEATS/POULTRY</u> bacon beef burgers chicken hot dogs sausage turkey turkey burgers <u>EGGS</u> egg salad hard boiled <u>FISH</u> grilled shrimp shrimp salad smoked salmon tuna salad	<u>BEANS & PEAS</u> black beans chickpeas falafel hummus lentils refried beans tofu veggie burger <u>NUTS & SEEDS</u> almond butter almonds cashews peanut butter peanuts pumpkin seeds soy nut butter sunflower seeds walnuts	butter BBQ Sauce cream cheese honey jelly ketchup mayonnaise mustard pesto salad dressing salsa sour cream tomato sauce	bars cake chips cookies crackers fruit leathers granola muffin pickles pie popcorn pretzels trail mix yogurt	<u>MILK</u> chocolate soy strawberry vanilla <u>JUICE</u> apple cranberry grape grapefruit orange pomegranate tomato vegetable <u>OTHER</u> fruit punch iced tea lemonade seltzer water

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
grain							
vegetable							
fruit							
deli							
meat/poultry/eggs/fish							
beans/nuts							
spreads/dips							
treats/sides							
drinks							