



lunch box planner



Make lunches healthy and easy with the Crunch a Color™ Lunch Box Planner. Aim for at least three colors in your box, plus a protein, healthy grains, and water. Rack up those points and count 'em towards your daily Crunch a Color™ total!

CATEGORY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pick 3 colors: 	1.				
	2.				
	3.				