

## lunch box planner

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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!

<b>CATEGORY</b>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pick 3 colors:	1.				
5 blue/purple black currents blothering blac					
15	2.				
10 white I brown beautiful from the state of	3.				
healthy grains healthy grains commission conscious commission com					
5 liquid					