

STARCHES/GRAINS

Bread

Bagels

English muffins

Rice

Tortillas (soft, crunchy, or tortilla chips)

Waffles

Crackers

Pasta

Naan

Pita (soft or as pita chips)

Pretzels

Rice cakes

Sandwich rolls

Granola

Graham crackers

Cereal

Quinoa

Buckwheat

Millet

Couscous

Orzo

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PROTEIN

Hard-boiled eggs

Nut or seed butters

(peanut butter, almond butter, sunflower seed butter)

Whole nuts or seeds

(kids ages 4+)

Beans

(black, garbanzo, kidney, pinto)

Cheese

Yogurt

Chicken

Beef

Turkey

Deli meat

(turkey, chicken, salami, ham, roast beef, pepperoni—choose nitrate-/nitrite-free when possible)

Sausage or hot dogs

(choose nitrate-/nitrite-free when possible)

Hummus or black bean dip

Tuna salad

Tofu

Cottage cheese

Sunflower seeds

Meatballs

Lox

(smoked salmon)

Egg salad

Chicken salad

Energy bites/energy bar

Tzatziki

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FRUIT

Strawberries

(fresh, dried, freeze-dried)

Blueberries

(fresh, dried, freeze-dried)

Apples

(fresh, dried, freeze-dried, applesauce)

Bananas

(fresh, dried, freeze-dried)

Oranges

Tangerines

Mandarin oranges

(fresh, canned/jarred)

Grapes

(fresh, dried as raisins)

Raspberries

(fresh, freeze-dried)

Pineapple

(fresh, dried, freeze-dried, canned/jarred)

Watermelon

Cantaloupe

Pomegranate seeds

Honeydew

Peaches

(fresh, freeze-dried, canned/jarred)

Pears

(fresh, canned/jarred)

Nectarines

Plums

Blackberries

Avocados

Cherries

Apricots

(fresh, dried)

Coconut

(fresh, dried)

Kiwi

(fresh, freeze-dried)

Papaya

Mango

(fresh, freeze-dried)

Grapefruit

Cranberries

(dried, freeze-dried)

Dragonfruit

Guava

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VEGETABLES

Cucumbers

Carrots

Bell pepper and mini bell peppers

(yellow, red, orange, green)

Snap peas

Snow peas

Green peas

(fresh, from frozen, freeze-dried)

Celery

Lettuce

(on sandwiches, as part of salads)

Tomatoes

Cherry/ grape/ plum tomatoes

Zucchini

Jicama

Corn

(fresh, canned, from frozen, freeze-dried)

Broccoli

(fresh, from frozen)

Green beans

(fresh, canned, from frozen)

Frozen veggie tots

Seaweed

Veggie soup

Sweet potato

Squash

Olives

Beets

Cabbage

Eggplant

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DIPS

Ranch

Hummus

Tzatziki

Guacamole

Yogurt-
based ranch

Bean dip

Salsa

Ketchup

BBQ sauce

Marinara
sauce

Pesto

Yogurt

Baba
ghanoush

Mustard

Sour cream

Fruit dip
(can be yogurt-based)

Soy sauce

Balsamic
vinaigrette

Teriyaki
sauce

Curry sauce

Applesauce

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