

<b><i>Graham Cracker Stoplight</i></b>	<b><i>Egg salad</i></b> crackers	Low-sugar cereal and 1% milk	<b><i>Mini pancakes</i></b> Low-fat yogurt	<b><i>Triple orange slush</i></b> Pretzels
French toast sticks Low-fat yogurt	Veggie slices <b><i>Low-fat dip</i></b>	Fresh fruit cubes in Ice cream cone	Tuna salad Celery sticks	<b><i>Nutty honey rolls</i></b>
<b><i>Banana Smunchies</i></b>	<b><i>Soft pretzels</i></b> 100% Fruit juice	<b><i>Banana muffins</i></b> 1% Milk	<b><i>Peanut cinnamon logs</i></b>	Fruit and cheese Kabobs
<b><i>Baked tortilla chips</i></b> <b><i>salsa</i></b>	Turkey & cheese slices Whole wheat crackers	Peanuts in the shell Fresh fruit	<b><i>Pizza pocket triangles</i></b>	<b><i>Mini pancakes</i></b> Low-fat yogurt
<b><i>Nutty honey rolls</i></b>	Cheese quesadillas	Cereal 1% Milk	French toast sticks Low-fat yogurt	<b><i>Smoothies</i></b>
<b><i>Pizza pocket triangles</i></b>	<b><i>Triple orange slush</i></b> Honey wheat pretzels	Tuna salad on celery sticks	Fresh fruit cubed in Ice cream cone	<b><i>Banana muffins</i></b> 1% Milk
<b><i>Apple smiles</i></b>	Peanuts in the shell Fresh fruit	Grilled cheese triangles	Peaches and vanilla Low-fat yogurt	Whole grain crackers and low-fat cheese
<b><i>Soft pretzels</i></b> 100% Fruit juice	Low-fat tortilla chips <b><i>Super Salsa</i></b>	<b><i>Mini pancakes</i></b> Low-fat yogurt	<b><i>Peanut butterflies</i></b>	Fruit and cheese Kabobs

**Recipes can be found for all highlighted foods in Lunch Recipes pages.**

Note: All fruits and vegetables can be substituted with other seasonal fruits or vegetables.