

Hummus, plain

Pita Chips, whole grain

Bell Pepper Slices

Carrot Sticks

Graham Wiches, *New Morning*

Spring Water

TIPS: This is a simple, fast and super easy lunch box filled with protein, legumes, vegetables, fiber, grains and an organic treat - cookie (1 is enough). If and when you do add a cookie, only do so when there is a great source of protein and fiber in the lunch. This combination will prevent sugar highs and lows. - a condition you want to avoid in school.