

Ideas for Your Meal Kit

Breakfast

- Enjoy crunchy, whole grain cereal with cold, fresh milk.
- A whole grain pop tart makes breakfast a sweet treat!
- Be sure to complete your meal with delicious fruit or juice!

Lunch

- Build your own Sunbutter & jelly sandwich on whole grain bread.
- Dip whole grain graham crackers in Sunbutter.
- Create "Ants on a Log" by filling celery with Sunbutter and top with raisins.
- Spread Sunbutter on apple slices for a crispy treat.
- Have you tried hummus?
- It's a nutrient dense, protein source made from chick-peas!
- It's delicious as a dip or spread for vegetables and chips.
- Try hummus with celery, carrots, broccoli, tortilla chips, and whole grain corn chips.

Included in Your Meal Kit*

Whole grain bread, whole grain cereal, whole grain pop tarts, whole grain graham crackers, whole grain crackers, Sunbutter, jelly, hummus, fresh fruit, fruit cups, fruit juice, vegetable juice, fresh veggies, and milk.

***Subject to change due to availability.**