



FOOD PLAY GO

Ready to Lunch!

PROTEINS

BLACK BEANS
CHICKPEAS
CHEESE STICK
EGG MUFFINS
GUACAMOLE
HAM
HARD BOILED EGG
HUMMUS
(TAHINI FREE IF NEEDED)
MINI MEATBALLS
PEANUT BUTTER
SEEDBUTTER
SALAMI
TURKEY
TURKEY BACON
TURKEY PEPPERONI
YOGURT

VEGGIES

BEANS
CARROTS
CELERY
CUCUMBERS
OLIVES
PEAS
PEPPERS
PICKLES
ROMAINE / SALAD
TOMATOES
VEGGIE NUGGETS

FRUITS

APPLESAUCE
APPLE SLICES &
CINNAMON
AVOCADOS
BANANAS
BLUEBERRIES
CANTALOUPE
CHERRIES
GRAPES
HONEY DEW
PINEAPPLE
STRAWBERRIES
WATERMELON

SNACK

ANIMAL CRACKERS
CRACKERS
DATES
DRIED FRUIT
ENERGY BITES / BARS
FRUIT/VEGGIE POUCH
GRANOLA
GRANOLA BAR
GRAHAM CRACKERS
MUFFIN/BREAD
PEA CRISPS
PRETZELS
SEEDS & RAISINS
SKINNY POP
TORTILLA CHIPS
VEGGIE STRAWS
YOGURT POUCH

COMBOS

- APPLE & NUT/SEED BUTTER "SANDWICH"
- APPLE BUTTER AND CHEDDAR
- CELERY & CREAM CHEESE OR NUT/SEED BUTTER
- CRACKERS & CHEESE
- CRACKERS & NUT/SEED BUTTER
- GRILLED CHEESE
- PITA WITH HUMMUS (& CHEESE) OR HUMMUS DIP WITH PITA & CARROTS
- JELLY, BANANA & HEMP/CHIA/FLAX SEED
- HOT DOGS / TURKEY DOGS (KEBABS WITH CHEESE)
- LEFTOVERS FROM DINNER OR WEEKEND BULK BREAKFAST
- NAAN PIZZA
- NUT/ SEED BUTTER & BANANA WRAP
- NUT /SEED BUTTER & JELLY SANDWICH / WRAP
- PASTA (PROTEIN OR PLANT BASED, PLAIN) & OLIVE OIL
- PASTA & MEATBALLS
- PINWHEELS (WRAP WITH CREAM CHEESE & A PROTEIN OR SHREDDED VEGGIES)
- QUESADILLA
- ROLL-UPS - TURKEY/HAM/SALAMI ROLLED AROUND CHEESE
- TURKEY & CHEESE SANDWICH/ WRAP / QUESADILLA
- TURKEY, CHEESE & VEGGIE KEBABS
- WAFFLES/PANCAKE/FRENCH TOAST & TURKEY BACON
- YOGURT & GRANOLA PARFAIT

