



Shamrock

FOODSERVICE WAREHOUSE

Lunch Box Shopping List

PROTEIN

- Deli turkey
- Deli ham
- Pre-cooked chicken
- Peanut butter
- Beans (black, refried, baked, etc)
- Hard-boiled eggs
- _____
- _____

FRUITS & VEGGIES

Fresh Fruits

- Strawberries
- Blueberries
- Apples
- Cantaloupe
- Banana
- Applesauce
- Grapes
- Kiwi
- _____
- _____

Canned Fruits

- Pineapple
- Mandarin oranges
- Fruit medley mixes

Veggies

- Carrot sticks
- Celery sticks
- Broccoli
- Avocado
- Cucumbers
- Cauliflower
- Peppers
- Edamame
- _____
- _____

GRAIN

- Whole wheat bread
- Rice
- Nutri-grain snack bars
- Whole grain pasta
- Bagels
- Wheat crackers
- English muffins
- Tortillas
- _____
- _____

DAIRY

- Sliced cheese
- String cheese
- Yogurt
- Cottage cheese
- On-the-go Milk
- _____
- _____