

BENTO BOX BUILDER

FILLING FRUITS & VIBRANT VEGGIES

- (PICK 2)**
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|-----------------------|-------------------|
| Carrots sticks | Apple slices |
| Mini peppers | Easy peel oranges |
| Cucumbers moons | Grapes |
| Broccoli trees | Dried cranberries |
| Beet chips | Strawberries |
| Butter lettuce | Kiwi |
| Snap peas | Cherry tomatoes |
| Jicama fries | Guacamole |
| Roasted baby potatoes | Blueberries |

GREAT GRAINS

- Sprouted bread
- Whole-grain wrap
- Pea protein pita
- Coconut quinoa
- Nutty wild rice
- Sweet potato crackers
- Seashell pasta
- Museli cereal
- Pretzel sticks

POWER-UP PROTEINS

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|---------------------|----------------------|
| Chicken poppers | Tuna stacks |
| Deli roll-ups | Roasted chickpeas |
| Apple-chicken salad | Greek yogurt parfait |
| Boiled eggs | Cottage cheese cups |
| Happy hummus | Black bean muffins |
| White bean chili | Babybel |

ENERGIZING EXTRAS

- Chocolate chip cookie
- Fruit snack pack
- Sesame snaps
- Mini donut
- Yogurt raisins
- Juice box