Fiesta box
• 1/3 Cup cheese, cubed
• 1/2 Cup melon
• 1 Cup bean salad
• Handful of whole-grain tortilla chips and two Tablespoons of salsa

PB&J Time
• Peanut butter and jelly on a whole wheat mini bagel
• 3/4 Cup cherry tomatoes with 2 tablespoons of low fat cream cheese
• 1/2 Cup melon, cubed
• 3 mini oatmeal cookies

Pizza Party
• 1 slice cold veggie pizza cut in squares
• 1/2 Cup of baby carrots and cut celery with 2 Tablespoons of low fat ranch
• 1/2 of purple grapes
• 1/2 of cup popcorn

Did you know?
Eating healthy is easy, even when you’re at school. Have an adult help you prepare these yummy lunch box meals! Snap a pic, and post it to Kool Smiles’ Facebook page. We can’t wait to see!

Find more activity sheets at www.mykoolsmiles.com/forkids