

lunch ideas to make at home

Make half your plate fruits and vegetables!

- 1. Chicken Noodle Soup shredded carrots in soup apple and cheese slices milk
- 2. Macaroni and Cheese

green peas peach and pear slices milk

3. Beef or Bean Burrito

lettuce and chopped tomatoes applesauce milk

- 4. Spaghetti with Tomato & Meat Sauce steamed broccoli mandarin oranges milk
- 5. Chicken and Cheese Quesadilla chopped tomatoes fruit salad milk



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