Wedge COMMUNITY CO-OP + LINDEN HILLS CO-OP GROCERY & DELI

Easy Peasy Lunch Guide

Mix and match from each category for a balanced lunch the kids will love.

PROTEIN
hard boiled eggs, yogurt, lunch meat, cheese, leftover meat or fish, beans, nuts

VEGGIE
cucumbers, peas, carrots, broccoli, celery, salad, grape tomatoes, green beans, bell peppers

WHOLE GRAIN
whole wheat tortillas, pita bread, crackers, pasta, quinoa, brown rice

HEALTHY TREAT
pretzels, trail mix, popcorn, fruit leather, roasted chickpeas, whole wheat muffins

FRUIT
berries, apples, pears, peaches, oranges, melon, banana, grapes, pineapple, dried fruits

Having the right tools at your disposal makes lunch prep a breeze. Be sure to check out our selection of eco-friendly lunch containers at the co-op. Unexpected tools like muffin cups, cookie cutters, and toothpicks are also great for jazzing lunch up!