



- **COMPLETE** microwave meals—15+ grams protein
- Individually wrapped snacks such as nutrition bars, small pkgs. Of nuts, individual puddings
- Canned chicken or tuna
- 15 oz. cans of canned fruit
- Boxed mac and cheese

Food is sent home from school with children every Friday during the school year.

**We are mindful of the weight of the bags.
Please remember that small is best.**

Please no glass.

Thank you!