



- **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!