



Lunch Box Base Recipe

Recipe Type: Lunch

Meal Components: 1 to 2 oz eq WGR grain, 1 to 2 oz m/ma, 1/2 cup fruit and/or vegetable

M/MA	Portion Size	WGR Grains	Portion Size	Fruits/Vegetables	Portion Size
Nut butter dip	#10 disher = 1 m/ma 3/4 cup = 2 oz m/ma	Bagel	1 to 2 oz eq	Canned or frozen fruit	1/4 cup - 1/2 cup
Yogurt, variety	1/2 cup = 1 oz m/ma 1 cup = 2 oz m/ma	Graham crackers	1 to 2 oz eq	Dried fruit	2 Tbsp - 1/4 cup
Cheese stick	1 stick = 1 oz m/ma 2 sticks = 2 oz m/ma	Muffin bar	1 to 2 oz eq	Oranges	1/4 cup - 1/2 cup
Cheese cubes	1 to 2 oz	Muffin	1 to 2 oz eq	Grapes	1/4 cup - 1/2 cup
Hard-boiled egg	1/2 egg = 1 oz m/ma 1 egg = 2 oz m/ma	Granola	1 to 2 oz eq	Cucumber slices	1/4 cup - 1/2 cup
Nut butter	2 Tablespoons = 1 oz m/ma 1/4 cup = 2 oz m/ma	Crackers	1 to 2 oz eq	Celery sticks	1/4 cup - 1/2 cup
Turkey/turkey ham	1 to 2 oz m/ma	Pita bread	1 to 2 oz eq	Baby carrots	1/4 cup - 1/2 cup