



Pack Your PICK

Pack a balanced, healthy lunch by picking one item from each column. It's easy as 1-2-3!						
Protein/Meat For muscles	Starch/Grain For energy	Vegetable/Fruit For vitamins & minerals	Extra* For flavor	Beverage For fluid	Optional Treat For variety	
yogurt	graham crackers	baby carrots/berries	ranch dressing	water	animal crackers	
peanut butter	wheat bread	red peppers/apple	low sugar jelly	skim milk	100-calorie chip pack	
chicken salad	wheat crackers	celery/raisins	mayo (in salad)	100% juice	100-calorie cookie pack	
egg salad	wheat bread	broccoli/strawberries	mayo (in salad)	light lemonade	graham crackers	
ham (low sodium)	wheat wrap	tomato/kiwi	mustard	water	fig bars	
turkey	wheat roll	cucumbers/orange	ranch dressing	100% juice	vanilla wafers	
roast beef	rye bread	sprouts/pineapple	honey mustard	skim milk	low sugar cookies	
light cheese	wheat crackers	green peppers/plum	mustard	water	fat-free pudding	
tuna salad	wheat crackers	carrots/grapes	mayo (in salad)	water	animal crackers	
peanut butter	tortilla chips	celery/raisins	salsa	100% juice	graham crackers	
hard-boiled egg	wheat crackers	baby carrots/raisins	veggie dip	100% juice	chocolate-mint patty	
chick peas	tortilla chips	red peppers/banana	salsa	water	light oatmeal cream pie	
kidney beans	wheat pasta	celery/applesauce	Italian dressing	skim milk	gelatin	
navy beans	couscous/bulgur	green beans/dried cranberries	olive oil	light lemonade	vanilla wafers	
hummus	wheat pretzels	cauliflower/apple	honey mustard	100% juice	fat-free pudding	
grilled chicken	wheat crackers	salad/mandarin oranges	salad dressing	water	granola bar	

* Use light or low-fat versions for a healthier option.



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