

## lunch box planner

Make lunches healthy and easy with the Crunch a Color™ Lunch Box Planner. Aim for at least three colors in your box, plus a protein, healthy grains, and water. Rack up those points and count 'em towards your daily Crunch a Color™ total!

CATEGORY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pick 3 colors:	1.				
5 blue/purple block or or or block b	7				
10 units I brown as a constant of the constant	2.				
	3.				
Shealthy grains  Demonstrate and the state of the state o					
5 nauld					