Fruits

- strawberries
- grapes
- banana
Dairy

- Yogurt
- Cheese
- Milk
Vegetables

- carrots
- corn
- green beans
Grains

- tortilla
- bread
- cereal
Protein

- Hamburger
- Beans
- Chicken
Healthy Snacks

1. Yogurt with fruit:
   - Yogurt
   - Blueberries

2. Celery sticks

3. Grapes

4. Baby carrots

5. Apple slices

6. Cheese cubes