

Breads	Spreads & Condiments	Fillings	Fruits Fresh & Dried	Treats/Other
Bagel Baguette Bread Sticks Crackers English muffin Focaccia Lavash Bread Pita Bread Pizza Bread Rice cakes Rolls Sandwich Bread Taco shells Tortillas	Sun Butter (Trader Joes) Apple Butter Avocado (mashed) Banana (mashed) Spreadable cheese Cream Cheese Goat Cheese Honey Hummus Jam Ketchup Mayonnaise/mustard Pesto Pizza or tomato sauce Pumpkin butter Tahini	Carrots (shredded) Cheese Egg Salad Hard Boiled egg Lettuce Sliced avocado Sardines Sliced cucumber Lox Sprouts Tofu Tuna salad Eggplant Falafel Tomatoes	Apples Apricots Asian pears Avocado Bananas Blueberries Cherries Dried cranberries Dates Figs Mango Papaya Pears Prunes Raisins Grapefruit Grapes Kiwi Melon Nectarines Orange sections Peaches Pineapple Plums Raspberries strawberries	Apple Sauce Apple crisps Baked chips with salsa Fruit bar Fruit leather Popcorn Pretzels Yogurt Bean burrito Garlic toast Polenta with pizza sauce Fruit, veggie, cheese kabobs Muffins Carrots Celery