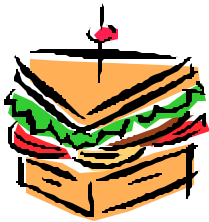


BACK TO SCHOOL!

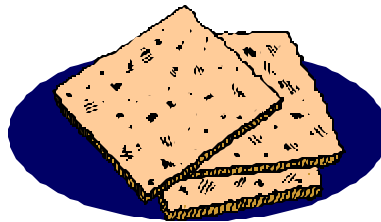
Lunch-time Options

PART 1: Pack a Lunch

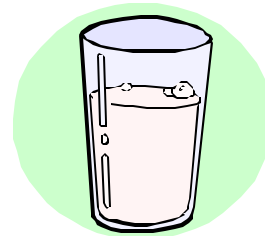
Pick foods that you would have for lunch from the list below. Add foods to the list if you can think of more!



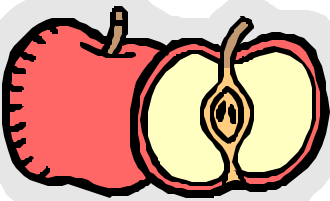
Low Protein Sandwich



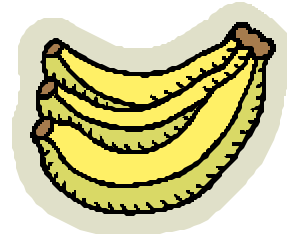
Low Protein Crackers



Formula



Apples



Bananas



Mushrooms



Low Protein Bread

Fruit Roll Ups

Raisins

Popcorn



Pretzels

Lemon Pudding

PART 2: Plan a Lunch

Look at the menu below. Circle the foods you can eat. Draw lines through the foods that are too high in protein.

DAY 1	Chicken sandwich on wheat bun Lettuce, relish, tomatoes French fries Tossed green salad Apple Milk
DAY 2	Fish sticks Tater tots Creamy coleslaw Carrot sticks Fruit cup Homemade roll Brownie

Will you have enough to eat on Day 1? YES NO

Will you have enough to eat on Day 2? YES NO

What are 5 foods you could take from home to add to these lunches?



University of Washington PKU Clinic
CHDD - Box 357920, Seattle, WA 98195

(206) 685-3015, Toll Free in Washington State 877-685-3015
<http://depts.washington.edu/pku>