Across
3 Lemon juice on top of sliced apples help prevent ____
4 You need an ____ pack in your lunch box (burr)
7 Besides your backpack, make sure you have your ____ ____
9 Trail mix usually contains these
10 Ranch dressing is a good dip for ____
12 Many kids don’t like the ____ on bread
13 Crackers and ____ is a good side dish
14 Your bones get strong when drinking this
15 These small sweet fruit can be green, red or black

Down
1 Hummus is a dip made of this bean
2 A very popular kid’s sandwich
5 Milk contains this mineral to make bones strong
6 This container will keep your pasta warm at school
8 Vanilla yogurt goes good with fresh blue ____
11 This cracker rhymes with Sam
10 Carrots
12 Cheese
13 Milk
15 Grapes
16 Jelly

Source: www.ChefSolus.com
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