

SBH WIC March Nutrition Month 2021

TUNA TWO WAYS



Tuna and Lettuce or
Tortilla or Crackers
Red Pepper
Green Pepper
Purple Onion
Baby Carrots
Radishes
Mayo
Fresh Lemon juice
Salt and Pepper to taste

Tuna and Lettuce or
Tortilla or Crackers
Red Pepper
Green Peas
Corn
Yellow Onion
Olive Oil
Fresh Lime juice
Salt and Pepper to taste

