







HEALTHY LUNCHES 101

Kids can use the table below to put together a healthy and delicious lunch they'll want to eat!

					
<p>FRUITS Choose 1</p> <ul style="list-style-type: none"> • Apple • Oranges • Pineapple • Kiwi • Dates • Raisins • Grapes • Berries • Nectarine • Peach • Plum • Apricots • Fruit kabobs 	<p>VEGGIES Choose 1-2+</p> <ul style="list-style-type: none"> • Carrots • Peppers • Jicama • Tomatoes • Broccoli • Cauliflower • Celery • Cucumbers • Snap peas • Spinach • Zucchini • Shelled edamame 	<p>DAIRY Choose 1</p> <ul style="list-style-type: none"> • Low-fat yogurt • 1 slice/string cheese • 1% or non-fat milk 	<p>WHOLE GRAINS Choose 1-2</p> <ul style="list-style-type: none"> • Whole wheat bread • Whole wheat bagel • Whole wheat sandwich thins • Pita chips • Brown rice • Whole grain crackers • Quinoa 	<p>LEAN PROTEIN Choose 1-2</p> <ul style="list-style-type: none"> • Deli meats • Cheese • Frozen yogurt • Hummus • Chicken • Almond butter • String cheese • Cottage cheese • Eggs • Tuna 	<p>DRINKS</p> <ul style="list-style-type: none"> • Water • 1% or non-fat milk • Sparkling water & 4 oz of 100% fruit juice

SAMPLE LUNCHES

<p>Yummy Yogurt Parfait</p> <p>Low-fat yogurt with berries and granola</p> <p>Celery and almond butter</p> <p>2 hardboiled eggs</p> <p>Water</p>	<p>Stylin' Southwestern</p> <p>Grilled fish, black beans, tortilla chips and salsa</p> <p>Cheddar cheese</p> <p>Sliced orange</p> <p>Non-fat milk</p>	<p>Plentiful Pita</p> <p>Pita bread, low-fat deli meat, hummus, cucumber, spinach, tomato</p> <p>String cheese</p> <p>Sliced apple</p> <p>Sparkling water & 4 oz 100% fruit juice</p>	<p>Delightful Lettuce Wrap</p> <p>Grilled chicken, brown rice, chopped celery, shredded carrot, lettuce leaves, low-sodium soy sauce</p> <p>Banana</p> <p>Non-fat milk</p>
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BONUS TIPS

- Plan lunches one week in advance to save time and reduce food waste
- Buy foods in bulk and pack into pre-portioned bags; saves time and money
- Look for nitrate-free meats
- Look for "whole grain" in the ingredient list
- Shelled edamame can be found in the frozen foods section