

Packing Healthy Lunches

What?	At least: 2 servings of fruits or vegetables	At least: 1 serving of dairy or substitute	At least: 1 serving of protein	At least: 1 serving of grains
Why?	Fiber, vitamins, and minerals	Calcium for growing bones and strong teeth	For growth and development	For energy
How?	100% fruit juice, fresh fruit, canned fruit in its own juice, salad, or raw vegetables	Milk, cheese, yogurt, cottage cheese, soy milk & other soy-based foods fortified with calcium	Egg, cheese, beans, hummus, bean spreads, or nut spreads (like peanut butter)	Bread, pasta, rice, couscous, oats, whole wheat products, or potatoes

Sample Menu

MONDAY:

Hummus on a whole-wheat pita with vegetables (lettuce, tomatoes, peppers, etc)

Apple

Cereal Bar

100% Juice Box (any flavor) or Skim Milk or Water

TIP: For kids with a larger appetite try adding falafel to the pita.

TUESDAY:

Pasta salad or macaroni and cheese

Yogurt – flavored or plain

Grapes

Cut vegetables and dip

100% Juice Box (any flavor) or Skim Milk or Water

TIP: If you have leftover pasta from dinner, set aside to use for the next day's lunch.

WEDNESDAY:

Vegetable pizza

Fruit cup - canned fruit in its own juice

Pretzels or baked chips

100% Juice Box (any flavor) or Skim Milk or Water

TIP: Always try to add vegetables to your pizza, not only does it taste good, but it makes the pizza healthier!

THURSDAY:

Whole-wheat bagel with low-fat cream cheese

Cucumber slices

Fruit leather (100% fruit)

Low-fat pudding

100% Juice Box (any flavor) or Skim Milk or Water

TIP: Try to incorporate whole-wheat products into your lunches.

FRIDAY:

Whole-wheat tuna wrap with low-fat mayo, tomato, and lettuce

Carrot and celery sticks

Cheese stick

Clementine

100% Juice Box (any flavor) or Skim Milk or Water

TIP: Tuna is a good source of protein and is easy to prepare.