

LUNCH PLAN!

* Choose or let your child pick from different sections for variety!

"FUEL ME UP!"

- PB&J on whole wheat
- Banana & peanut butter on whole wheat
- Turkey/ham/roast beef & cheese on whole wheat
- Chicken/tuna salad
- "Pita pockets"
- Dinner leftovers
- Pasta/pasta salad
- Bagel pizza w/ veggies
- Bean burrito w/ salsa & lowfat cheese
- Quesadilla (lunchmeat/tomato/cheese)
- * Note: Breads, hotdog buns, Eggo waffles, rice cakes, English muffins, tortillas, pita breads all work!
- * Pack lettuce/tomato separately

COLOR ME HEALTHY!

- Carrot sticks
- Cucumber slices
- Broccoli/Cauliflower spears
- Red or Green Pepper slices
- Sweet potato slices (cooked or raw)
- Cherry tomatoes
- Celery sticks
- Radishes
- Parsnip slices (sweeter than carrots!)
- Jicama slices (nice and crunchy!)
- Snow Peas or Sugar-Snap peas



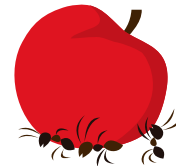
I'M THIRSTY!

- Low-fat milk
- Crystal Lite®/Fruit2Oh
- 100% Juice (occasional)
- WATER throughout the day!



NATURE'S CANDY

- Apples
- Bananas
- Grapes
- Peaches
- Pears
- Strawberries
- Kiwi
- Cantaloupe/Honeydew cubes
- Watermelon
- Blueberries
- Apple sauce
- Fresh Fruit Salad/Canned fruit cocktail*
- Oranges
- Plums
- Apricots
- Grapefruit
- Cherries
- Raisins
- Dried Fruit (apple rings, apricots, figs, pineapple, dried berries)
- Canned fruit* (Mandarin oranges, peaches, pears, pineapple)



ANYTHING ELSE?

- Low-fat yogurt (add in Cherrios/fruit later!)
- Low-sugar dry cereal
- Granola bar/Cereal bar
- Low-fat string cheese
- Low-fat vanilla/choc/tapioca pudding
- Pretzels/Animal Crackers
- Cottage cheese (add fruit!)
- Graham crackers/Teddy Grahams
- Handful Nuts/Seeds (like sunflower seeds)
- Fig Newtons® (or other low-fat cookie)
- Trail mix (mixed nuts/fruit/dry cereal)
- Low-fat Baked chips/Pita chips
- Low-fat popcorn

* Buy canned fruit packed in real fruit juice!

Healthy Brown Bag Lunches

Pita Pizza

- 6" whole wheat pita
- 1 c marinara sauce
- $\frac{1}{2}$ c grilled or raw veggies
- 1 oz. mozzarella cheese

1 orange or nectarine

Water or Crystal Lite[®]

Banana "Dog"

- 1 banana
- 1 whole wheat hotdog bun
- 2 tbsp. natural peanut butter
- $\frac{1}{4}$ c raisins (optional)

1 c low-fat yogurt

Water or Crystal Lite[®]

Turkey Sandwich

- 3 oz. turkey (w/o skin)
- 2 slices whole wheat bread
- 1 slice low-fat cheese
- lettuce, tomato
- 2 tsp. fat-free mayo (optional)

1 apple

Water or Crystal Lite[®]

1 c whole-wheat pasta

$\frac{1}{2}$ c marinara sauce

$\frac{1}{2}$ c steamed veggies

1 tbsp. Parmesan cheese

1 c mixed berries

1 c low-fat yogurt

Water or Crystal Lite[®]

Trail Mix

- $\frac{1}{2}$ c shredded wheat
- $\frac{1}{4}$ c raisins
- $\frac{1}{2}$ c unsalted peanuts
- $\frac{1}{2}$ c unsalted pretzels

1 c carrot sticks

1 tsp. ranch dressing

1 c skim chocolate milk

Chicken Burrito

- 6" whole-wheat tortilla
- 2 oz. grilled chicken breast (w/o skin)
- $\frac{1}{2}$ c grilled or raw veggies
- 1 tbsp. fat-free mayo

1 c low-fat yogurt

$\frac{1}{4}$ c granola

Water or Crystal Lite[®]

1 English muffin

1 slice soy cheese (or low-fat cheese)

1 c celery slices

1 tbsp. peanut butter

$\frac{1}{2}$ c raisins

1 c skim milk

Sloppy Joe

- $\frac{1}{2}$ c Sloppy Joe made with TVP
- 1 whole wheat hamburger bun
- lettuce, tomato
- $\frac{1}{2}$ c sugar-free chocolate pudding (made with skim milk)

$\frac{1}{2}$ c strawberries

Water or Crystal Lite[®]

2 hard-boiled eggs

1 English muffin

$\frac{1}{2}$ c sliced cucumber

1 banana

1 c skim milk

Tuna Salad Pita

- 2 oz. tuna (in water)
- 1 tbsp. low-fat mayo
- $\frac{1}{2}$ c chopped celery/onion
- 2 tsp. salt-free seasoning
- $\frac{1}{2}$ whole wheat pita

1 plum

1 c skim milk

Fruit Sandwich

- 1 tbsp. cottage cheese
- 2 tbsp. low-fat cream cheese
- $\frac{1}{2}$ c pineapple chunks
- 2 slices whole wheat bread

1 c raw summer squash

1 tsp. low-fat ranch

Water or Crystal Lite[®]

Taco Salad

- 1 c low-fat chili
- 1 c spring mix salad
- $\frac{1}{2}$ c raw veggies
- 1 oz baked tortilla chips

1 c cantaloupe

1 c low-fat cottage cheese

Water or Crystal Lite[®]

3 oz. grilled chicken fingers

1 tbsp. barbeque sauce

1 c carrot coins

$\frac{1}{4}$ c granola

1 c low-fat yogurt

Water or Crystal Lite[®]

Bean Burrito

- $\frac{1}{4}$ c mashed pinto or black beans
- salt-free seasoning
- $\frac{1}{2}$ c sliced veggies
- $\frac{1}{4}$ c salsa
- 6" whole wheat tortilla

1 $\frac{1}{2}$ c cherries

$\frac{1}{2}$ c low-fat yogurt

Water or Crystal Lite[®]

Veggie Pita

- $\frac{1}{4}$ c low-calorie hummus
- 1 pita
- $\frac{1}{2}$ c raw mixed veggies

1 peach

$\frac{1}{2}$ c low-fat yogurt

Water or Crystal Lite[®]

* Buy canned fruit packed in real fruit juice!