

# Beating the Bore of School Lunches



## Tips for making packed lunches exciting and nutritious:

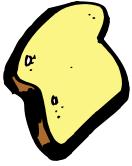
- Take children to the grocery store and let them pick out the fruits and veggies.
- Have your child help with packing their lunch (pack the night before, don't wait until morning when every one is rushed)
- Allow a "treat" on occasion, but keep serving sizes small.
- For "treats", use stickers, or a small toy rather than candy
- Make lunch colorful. The more color, usually the more Nutrients.
- For drinks, choose drinks such as Crystal Light, Propel, flavored waters (Fruit20), Minute Maid "Light" fruit drinks, or simply water with a slice of lemon or lime. Put these in a fun water bottle.
- Choose fruits that are easy to eat and not messy, cut fruits and veggies into small pieces for younger kids, or try dried fruit (1 serving = ¼ cup)
- Cut sandwiches into diamonds, triangles, rectangles or other fun shapes



## A Healthy lunch should include:

- 2 Carbohydrates
- 1 milk
- 3 oz. lean protein
- 1 optional fat
- 1 fruit
- At least 1 vegetable

### Carbohydrates: (pick 2)



- 4-6 (no trans-fat) crackers
- 1 piece raisin bread
- 1 rice cake
- ½ medium low-fat muffin
- ½ Whole wheat English muffin
- 1 slice whole-wheat bread
- 1 small dinner roll
- 1 6-inch tortilla
- ½ pita pocket
- 1 cup whole grain cereal
- 2 Fig Newtons
- 3 cups plain popcorn
- ½ cup pretzels or baked chips
- 1 small cookie
- 1 cup chicken noodle or other broth based soup
- 1 rectangular graham cracker
- 1 mini-bagel



### Protein: (pick 3)



- 3 Tbsp canned tuna (½ cup = 3 oz) canned tuna
- 1 slice (1 oz) lean turkey, ham or roast beef
- 1 slice low-fat (part skim) cheese
- 1 piece string cheese
- 1 wedge Laughing Cow low-fat Cheese
- 2 teaspoons peanut butter (2 Tablespoons = 3 oz)
- 1 egg
- ¼ cup low-fat cottage cheese
- 1 Tbsp. almonds
- ¼ chicken breast (¾ breast = 3 oz.)



### Milk: (pick 1)

- 1 cup 1% or skim milk
- 1 cup light or sugar free soy milk
- 1 sugar-free/fat-free pudding cup
- 1 6 oz "light" flavored yogurt

### Fruit: (pick 1)



- ½ banana
- 1 cup berries
- 1 piece of fruit (size of tennis ball) (apple, orange, peach, plum, etc..)
- 2 kiwis (peeled)
- 1 cup mango or papaya
- 17 grapes
- 1 cup cut up melon
- ½ cup canned fruit (packed in light syrup or own juices, drained)
- ¼ cup dried fruit (raisins, Craisins, apricots)



### Vegetables: (pick as many as you like)

- Baby Carrots or celery sticks
- Bite size wedges of Broccoli, Cauliflower, Zucchini or other summer squash, or bell peppers
- Sugar Snap peas
- Romaine Lettuce or Spinach Salad
- Cherry tomatoes
- Cucumber slices sprinkled lemon juice

### Fat: (Optional-pick 1)

- 2 Tbsp. light salad dressing (such as ranch, honey mustard, Caesar)
- ¼ cup hummus
- 2 Tbsp. light cream cheese
- 1 Tbsp. reduced fat mayo
- 2 Tbsp. low-fat sour cream
- 1/8 avocado

### Free Foods:

- 1 Tbsp. catsup
- 1 Tbsp. fat free cream cheese, mayonnaise, salad dressing, sour cream
- 1 Tbsp. relish
- 1 sugar-free Jell-O cup
- 1 Tbsp. sugar-free or low-sugar jelly
- Salsa

