



HEALTHY LUNCH IDEAS TO PACK FOR SCHOOL LUNCHBOX

Lunch helps curb hunger throughout the day and offer energy and important nutrients kids need to meet their daily nutritional requirements.

Studies show that healthy kids are better able to concentrate, attend school on a regular basis, perform better in class and have more energy.

The best lunch to offer your children are appropriate portions of healthy foods that include a variety of each of the food groups such as colorful vegetables and fruits, whole grains, low fat dairy and lean meats.

Tip: It might be easy to use a pre-packaged item from the grocery for your child's lunch box, but those items tend to be filled with saturated fats, calories and sodium.

Healthy lunch ideas you can pack for school:

1. Mini raisin bagel with low fat cottage cheese or hummus, fresh fruit, and raw vegetables cut into strips or cubes such as: cucumber and tomato, sweet peppers of different colors, broccoli and cauliflower florets or carrot sticks. Consider low fat ranch dressing for the vegetables.
2. Whole grain bread or sandwich round with peanut butter, sliced banana or apple.
3. Hard-boiled egg, whole wheat or grain bread and orange sections or any other fresh fruit.
4. Wheat or Spinach tortilla wraps filled with low fat cheese, chicken or turkey and cut up strawberries and grapes.
5. Bean dip with whole grain crackers, salad and seasonal fresh fruit.
6. Tuna salad (made with low-fat mayonnaise) on whole wheat kaiser roll with lettuce or spinach leaves, graham crackers and sliced peaches.
7. Egg Salad (made with low-fat mayonnaise) on whole wheat pita pocket with lettuce or spinach leaves, carrot and celery sticks with low fat ranch dressing.
8. Low Fat Cheese or Turkey Sandwich with lettuce and tomato on whole wheat or grain bread, and fruit salad.

* It is best to buy the shelf stable 6oz. Low Fat or Fat Free milk for your child's lunch. When this is not possible water is the choice of beverage.

* Limit juice to once per week.

*Get your children involved in packing their lunches. It makes them more interested in eating it.