

Packing a Healthy Lunch!

KIDS! IT IS NOT HARD TO PACK SOME AMAZING FOOD FOR YOUR LUNCHES!

Think four! You need 4 main items to create a balanced lunch.

Pick a protein food: This would be chicken, tuna, hummus, black beans, turkey, low fat cheese, egg, peanut butter or almond butter.

Pick a grain or starchy vegetable: Whole wheat bread, bun, wrap, or flatbread, leftover sweet potato, piece of corn, or maybe you have some baked tortilla chips or a corn tortilla

Pick a veg: This could be a salad, carrot and red pepper strips, cucumber circles, cold green beans, or asparagus. The sky is the limit!

Pick a fruit or healthy dessert: Go for apples, berries, peach, applesauce, pears, kiwi, watermelon (any fruit!), fruit muffins, healthy energy bars or nutritious cookies

Pair your lunch with a calcium rich beverage.
Now – get creative with your choices!



HERE ARE SOME FUN COMBO'S!

- Turkey pinwheels - turkey, low fat cheese and spinach with lite mayo, wrapped up in a whole grain tortilla, and pineapple cubes
- Almond butter and honey on whole wheat, cucumber onion salad, and cantaloupe slices
- Black beans, rice, salsa, green beans and grapes
- Tuna salad, whole grain crackers, raw cauliflower, banana blueberry muffin
- Refried beans, baked tortilla chips, tomato salad, berries
- Taco salad (½ turkey taco meat, ½ black bean, mixed greens, onions, tomatoes, salsa, cubed avocado)
- Egg, spinach, tomato and feta wrap, leftover peach crisp
- Protein Box – celery, carrots, hummus, whole grain pita, low fat cheese slices, apple slices

Don't forget leftovers – some of your BEST lunches can be made from your wonderful dinner leftovers!