

Get Packin'...

Tips for a Healthy Lunch Box

Main Courses

Cheese quesadillas
Chicken drumstick
Chicken, tuna, or egg salad
with pita bread
Hard-cooked eggs
Hot soup in Thermos®
Pasta salad with vegetables
(use colored pasta or fun shapes)
Sandwich on whole-wheat bread,
bagel or english muffin

- Peanut butter and jelly
(add raisins for a twist)
- Turkey, ham or roast beef

Vegetable or cheese pizza

Fruits and Vegetables

Dried raisins or plums
Orange slices or wedges
Snack-size applesauce
Raw vegetables with
low-fat dressing

- Baby carrots
- Celery sticks
- Cucumber slices

Beverages

Nonfat or 1% milk
Nonfat or 1% flavored milk
(chocolate or strawberry)
100% fruit juice box
Water

Snacks

String cheese
Air-popped popcorn

Baked chips
Cottage cheese
and fruit
Dry whole-grain cereal

Graham crackers
Pretzel sticks
Trail mix with nuts
and dried fruit
Whole-grain crackers
with cheese or
peanut butter
Yogurt

Make sure to include all the food groups when packing your child's lunch.



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For other fun, easy meal and snack ideas and for lunch box safety tips, log on to www.mealsmatter.org