

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

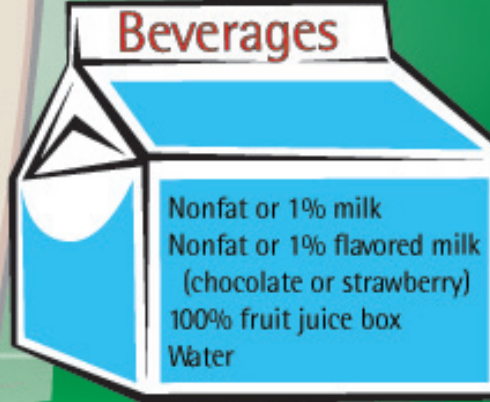
Fruits and Vegetables

- 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

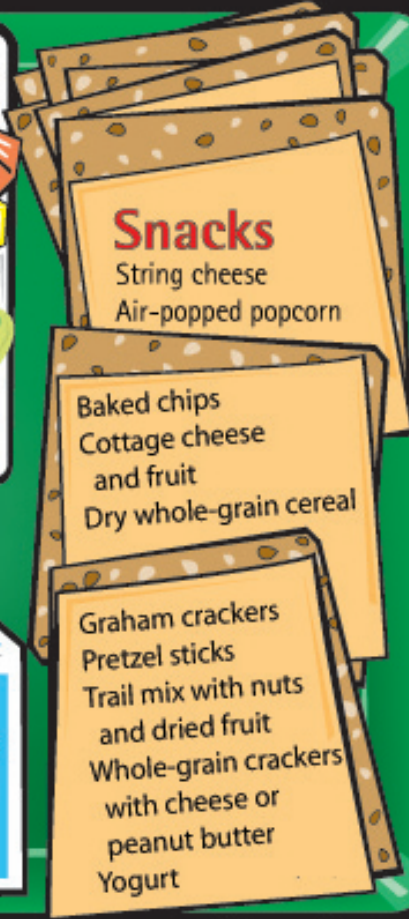


Snacks

- 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 foods from at least three food groups in your child's lunch.

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



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