

## How to pack a Healthy Sack Lunch

While eating school lunch is cheaper and saves time, it doesn't work for everyone.

This may help keep lunch boxes interesting while still incorporating all the food groups!



Grains	Protein	Dairy	Vegetable	Fruit
Whole Grain Bread	Baked chicken	Milk-Low fat or 1%	Cut up veggies and dip	Fruit cups in 100% juice
Pita Pockets	Low sodium deli meats	String Cheese	Grape tomatoes	Orange & apple slices
Crackers	Hard boiled eggs	Cheese Cubes	Snap peas	Berries & grapes
Pretzels	Pepperoni	Yogurt	Colorful strips of bell peppers	Cubed melon
Tortillas	Nut butters	Cottage Cheese	Pickles	Dried apricots
Pastas	Tuna		Kale chips	Raisins
Mini Bagels	Beans or Hummus		Salads	100 % fruit juice

- Plan your lunches for the week and keep a list on the refrigerator. Print off a list of your child's favorite lunch items. Then grab an item from each category like above!
- Have your child help pack their lunch... They will be more likely to eat what they pack.
- Sweet treats are not forbidden! Watch the portion size and pick a special day to send the treat. Moderation is the key!
- Use fun cookie cutters for cheese and sandwiches, leave fun notes or jokes for your child!
- Freeze your yogurt tubes, or juice boxes it will double as an ice pack!
- Skewer meat, cheese, vegetables and fruit on toothpicks for a fun sandwich alternative.

