Pack a healthy lunch using some of the ideas below! Aim to always include a fruit and/or vegetable and make most of the grains whole grains.

**Monday:**
- ½ cup low-fat cottage cheese
- 10-15 whole wheat crackers with 1-2 tablespoons almond butter, peanut butter, or sunflower seed butter
- Assorted vegetables (e.g., tomatoes, sweet peppers, carrots, broccoli)
- Water

**Tuesday:**
- ½ of a large or 1 mini whole wheat bagel
- 1-2 tablespoons almond butter, peanut butter, or sunflower seed butter
- Apple or banana
- 6 ounces low-fat, low-sugar yogurt
- Water

**Wednesday:**
- 6 inch whole wheat tortilla with 2-3 ounces turkey, 1 ounce low-fat cheddar cheese, 2 tablespoons hummus and assorted vegetables (e.g., tomatoes, sweet peppers, carrots, broccoli, sugar snap peas)
- Grapes
- 8-10 whole wheat pita chips or multigrain tortilla chips
- Water

**Thursday:**
- Burrito made with ½ cup black beans, ½ cup brown rice, salsa and 2 tablespoons low-fat plain Greek yogurt on a 6 inch whole wheat tortilla (feel free to add any other vegetables you like on burritos like lettuce, onion, and peppers)
- Orange
- Water

**Friday:**
- 3-4 ounces grilled chicken on salad greens with assorted vegetables (e.g., tomatoes, sweet peppers, carrots, broccoli, sugar snap peas)
- 1 ounce feta cheese, and 1-2 tablespoons oil-based or light creamy dressing
- 3 cups air-popped popcorn
- Water

If you think you’ll need more food than listed here to fill you up, increase your portions of fruits and vegetables first!

**SHOPPING LIST**
- Lean deli turkey
- Raw vegetables (e.g., tomatoes, sweet peppers, carrots, broccoli, sugar snap peas, or other favorites)
- 6 inch whole wheat tortilla
- Hummus
- Grapes
- Low-fat cottage cheese
- Whole wheat crackers
- Whole wheat bagels (large or mini size)
- Almond butter or peanut butter
- Apples or bananas
- Low-fat, low-sugar yogurt (look for 20 grams of sugar or less per serving)
- Brown rice
- Black beans
- Salsa
- Low-fat plain Greek yogurt
- Orange
- Grilled chicken
- Salad greens
- Feta cheese
- Oil-based or light creamy dressing
- Air-popped popcorn

You may want to send smaller portions than listed for younger children.