

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!

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

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

