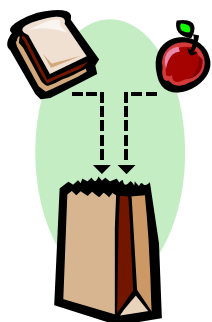


# Lunch Box Alternatives for Kids of All Ages

## Building a Healthy Lunch



A healthy lunch includes a whole grain, protein, fruit, and vegetable. Send your child to school with water or milk to drink with lunch. This will teach him or her to avoid sugary drinks like juice, sports drinks, and soda.

*Mix and match these foods for new, healthy lunch combos:*

### WHOLE GRAINS

Whole wheat bread  
Brown or wild rice  
Quinoa  
Whole wheat pita pocket  
Whole wheat bagel  
Whole grain crackers

### PROTEINS

String cheese  
Hard-boiled egg  
Yogurt or Greek yogurt  
Cottage cheese  
Hummus  
Beans

### FRUITS

Mandarin orange  
Watermelon  
Banana  
Mixed berries  
Unsweetened applesauce  
Nectarine



### VEGETABLES

Cucumber slices  
Broccoli  
Sugar snap peas  
Bell pepper slices  
Cauliflower  
Jicama

## Here Are 2 Weeks of School Lunches for You to Try!

(\*Recipes on back)

Day 1	Day 2	Day 3	Day 4	Day 5
Tuna salad on whole wheat bread Sugar snap peas Strawberries	Pita Pizza* Watermelon cubes Broccoli florets	Cheese quesadilla on whole wheat tortilla Hummus Carrot sticks	Sun Butter and Banana Bites* Baby carrots String cheese	Turkey wrap with lettuce, cheese, hummus and shredded carrots on a whole wheat tortilla Greek yogurt with berries
Day 6	Day 7	Day 8	Day 9	Day 10
Whole wheat pita pocket sandwich with grilled chicken, cucumbers, lettuce, and Tzatziki sauce Apple slices	Ham sandwich on whole wheat bread Bell pepper slices Applesauce	Chicken Pasta Salad* Greek yogurt Berries	Whole wheat bagel sandwich with cream cheese and sliced turkey Baby carrots Strawberries	Quinoa salad* with feta cheese, cherry tomatoes, and sliced cucumbers Grilled chicken strips

## Recipes to Try



### Sun Butter & Banana Bites

*Whole wheat tortilla + Sunflower seed butter + Banana*

**Recipe:** Lay tortilla flat and spread 1-2 Tablespoons sunflower seed butter across the surface. Place peeled banana on the tortilla. Wrap the tortilla around the banana. Slice into bite size pieces (like sushi) or eat whole (like a burrito).

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### Pita Pizza

*Whole wheat pita bread + Pizza or pasta sauce + Shredded mozzarella cheese + Your child's favorite vegetable toppings*

**Recipe:** Cover 1 side of pita bread with 1-2 Tablespoons sauce, cheese, and toppings and bake in oven or toaster oven at 350°F until the cheese melts. Allow pizza to cool before packing.

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*Fun tip: Try using a whole wheat English muffin or bagel instead of pita bread!*

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### Chicken Pasta Salad

*Cooked pasta + Grilled chicken + Broccoli slaw + Cherry tomatoes + Italian Dressing*

**Recipe:** Cut or shred chicken. Mix all ingredients and toss with Italian dressing.

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*Fun tip: Use different types and shapes of pasta to keep salads fun – try whole wheat bow tie or penne pastas and macaroni noodles. Mix in different vegetables to add more color!*

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### Quinoa Salad

*Cooked quinoa + Feta cheese + Cherry tomatoes + Sliced cucumbers + Olive oil + Lemon juice*

**Recipe:** To cook quinoa, follow directions on packaging. Once cooked quinoa is cool, add cheese, vegetables, oil and lemon juice, and serve chilled or at room temperature.

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## Safety Tips

Some children may have allergies and cannot eat or be near certain food items. Check with your child's school to find out if it is safe to pack peanuts, tree nuts, or nut butters in your child's lunch.

Pack your child's lunch with an ice pack to help cold foods stay cold. If the lunch cannot be kept cold, do not pack foods that may become unsafe to eat, like milk, cheese, yogurt, egg, or deli meats.