

# HEALTHY LUNCH PLANNER

Think outside the typical lunchbox! Use this planner to make preparing a healthy lunch for your child easy. Pick items from the lists below to put together delicious and creative lunches!

## FRUITS Choose 1

- Apple
- Apricot
- Banana
- Berries
- Cherry tomatoes
- Dates
- Dried cranberries
- Fruit kabob
- Grapes
- Kiwi
- Nectarine
- Orange
- Peach
- Pear
- Pineapple chunks
- Plum
- Raisins
- Strawberries
- Tangerine
- Unsweetened applesauce
- Watermelon chunks



## VEGGIES Choose 1-2+

- Bell pepper
- Broccoli
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Edamame
- Green beans
- Jicama
- Shelled snap peas
- Spinach
- Zucchini



## PROTEINS Choose 1-2

- Almond butter
- Beef or turkey jerky
- Cheese
- Chicken
- Cottage cheese
- Deli meats
- Edamame
- Hardboiled egg
- Hummus
- Nuts
- Peanut butter
- String cheese
- Tofu
- Tuna
- Turkey



## WHOLE GRAINS Choose 1-2

- Air popped popcorn
- Brown rice
- Granola
- Granola bar
- Pretzels
- Quinoa
- Rice cakes
- Whole grain crackers
- Whole grain pita bread or pita chips
- Whole grain tortilla
- Whole wheat bagel
- Whole wheat bread
- Whole wheat sandwich thins



## DRINKS

- Lowfat or nonfat milk
- Sparkling water & 4 oz. of 100% fruit juice
- Water



## DAIRY Choose 1

- 1 slice/string cheese
- Lowfat or nonfat cottage cheese
- Lowfat or nonfat milk
- Lowfat yogurt



## SAMPLE LUNCHES

### Ooey Goey PB and Banana Sandwich

- Peanut butter, honey and banana sandwich
- Sliced peaches with cottage cheese
- Snap peas with hummus
- Lowfat milk

### That's How I Roll-Turkey Roll-Up

- Tortilla wrap with turkey lunch meat, lettuce, tomato and guacamole
- Apple slices with a cheese stick
- Hardboiled egg
- Water

### Snack Attack

- Simple snacks when put together make a meal!*
- Rice cakes with almond butter
  - Pita chips with hummus
  - Grapes
  - Baby carrots
  - Lowfat milk

### Plentiful Pita

- Pita bread, low-fat deli meat, hummus, cucumber, spinach, tomato
- String cheese
- Sliced apple
- Sparkling water & 4 oz. 100% fruit juice

## Additional Tips:

- Plan lunches one week in advance to save time and reduce food waste.
- Buy foods in bulk; repack into single-portion bags to save time and money.
- Look for "whole grain" in the ingredient list.
- Incorporate a rainbow of foods into your child's diet to get a variety of nutrients and to make the meal visually appealing.