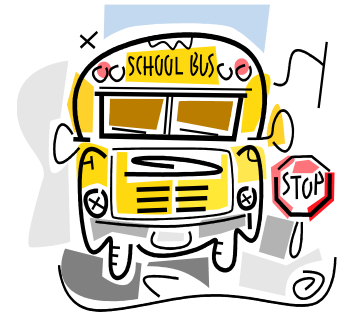


Ideas for Packing School Lunch

For more ideas on Travel Lunches for work and school, see pages 116-117 of *Simple Choices for Healthier Eating* by Sondra Lewis and Dorie Fink.

An ideal school lunch includes one or more vegetables, one or more fruits, one calcium-rich food, one source of lean or low-fat protein, one or more whole-grain foods and water.



Veggie Ideas for Munching:

Broccoli, blanched or raw

Carrot sticks or chips

Cauliflower, blanched or raw

Celery sticks

Cherry tomatoes

Corn on the cob, prepared
(wrap and serve chilled)

Cucumber sticks or medallions

Green bean salad

Kohlrabi slices

Peas (fresh garden peas in pod)

Pepper (bell) strips or rings

Zucchini sticks or medallions

“Sneaky” Veggie Ideas:

Marinara Sauce (p. 90) for dipping
(or stirred into chilled pasta)

Pesto (p. 93) for dipping
or as a spread on sandwiches

Spinach (p.79) or Confetti Dip (p. 42) for veggies
or as a spread on sandwiches or bagels

Zucchini bread

Carrot muffins

Fruit Ideas:

Apple

Tip: If slicing or dicing, sprinkle with a small amount of apple or lemon juice to prevent browning.

Applesauce, unsweetened (many blends)

Banana

Blueberries

Cantaloupe slices

Grapes

Honeydew slices

Kiwi halves (easy to scoop out with plastic spoon)

Mango slices

Orange slices

Peach slices

Pineapple chunks

Raspberries

Strawberries (halved)

Watermelon cubes

Tip: Cutting watermelon cubes in small sizes allows for easy removal of seeds

Note: Canned fruit is usually depleted of nutrients and may have added sugars; be especially cautious of fruit packed in syrup.

Taking the time to eat nutritious food improves intelligence and academic performance.

Permission granted to copy this document providing it is copied in its entirety, including copyright information.

©2009, Sondra Lewis and Dorie Fink, *Simple Choices for Healthier Eating*

www.SimpleChoices4HealthierEating.com

Finding Bread for Sandwiches:

- Use bread that is free of corn syrup, limited in preservatives and contains whole grains.
- Homemade bread is a special treat!
- Mix it up: Instead of the traditional sliced bread, consider making a sandwich with a bagel, hamburger bun, roll, pita bread, English muffin, whole grain tortilla or some healthy crackers.

Sandwich Fillings:

- Enjoy meats that are free of nitrates, nitrites, hormones and antibiotics
- Slice leftover baked chicken, baked ham, roast beef or roast pork or send other entrée leftovers (e.g., Fancy Hamburger, p. 146; Grilled Chicken or Pork Rub, p. 145).
- Get variety by using salad fillings (tuna, salmon, chicken, egg); make with small amounts of healthier-choice mayonnaise (low in sugar and low in saturated fats)
- Add a vegetable for crunch and moisture: cucumber slice, salad greens, tomato slice

Other Sources of Protein:

Chicken Chunks (p. 144); Pecan Crusted Chicken (p.98); Taco Salad (p. 100)
Hard cooked eggs

String cheese (check sodium and content)
Yogurt (a nice way to add fruit; check sugar content)

Additional Sources of Fiber:

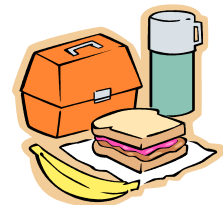
Pretzels (check sodium level and corn syrup content; try spelt pretzels)
Healthier-choice crackers (some whole grain, limited sugars, limited sodium)
Popcorn (with healthier-choice oil and moderate salt; purchased popped or make at home)
Granola, p. 208 (check sugar content)
Dry cereal (use whole grains, little or no added sugar, few preservatives; e.g., O's)
Whole-grain muffins or whole-grain dinner rolls

Desserts (serve in moderation):

Whole-grain cookies or muffins (with dried fruit and/or nuts if desired); pp. 186-187, 197-199)
Fruit (see ideas on first page)

Beverages:

- Critical to the health of the meal
- Water is the best option
- If offering juice, choose only 100% fruit with no added sweeteners
- Avoiding sodas not only limits sugars, but improves your child's chances of concentrating for the afternoon and increases the nutrients they are able to absorb from the food you packed



Taking the time to plan for a healthy meal for your child (purchased at school or prepared at home) is an investment in their academic, social, emotional and physical growth. It is a gift of love. For fun and support, add a little personalized note to your child.