

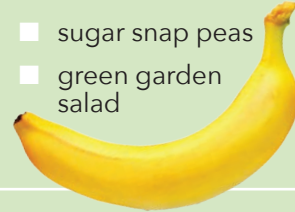
# build a better lunch box



## 1/2 Vegetables & Fruits



- bell pepper slices
- celery sticks
- sugar snap peas
- cucumber slices
- cherry tomatos
- vegetable soup
- green garden salad
- broccoli or cauliflower florets
- salsa or tomato sauce
- carrot sticks



## 1/4 Whole Grains

- orange segments
- diced melon
- banana
- fruit cup in 100% juice
- apple
- dried fruits: raisins, apricots, apples, or cranberries
- strawberries, raspberries or blueberries
- unsweetened applesauce
- grape clusters
- kiwi
- mango
- watermelon sticks



## 1/4 Lean Protein

- whole wheat bread, pita, english muffin, bagel, or wrap
- chips
- granola bar
- whole grain crackers
- baked tortilla
- whole wheat or corn tortilla
- whole grain pita chips
- whole grain cereal
- popcorn
- brown rice
- oatmeal



## add 1 Serving of Low-fat Dairy

- lower sodium, lean luncheon meats
- tuna packed in water
- beans
- handful of nuts
- nut butter
- hummus or bean dip
- hardboiled eggs



## 1 Balanced Lunch Box

- low-fat yogurt
- low-fat or skim milk
- cheese (string, cubed, sliced, or Babybel)
- low-fat cottage cheese
- low-fat kefir



**registered dietitian team**

# Easy & nutritious lunch ideas

- **PB&J Kabobs:** (Whole grain sandwich thins + natural creamy PB + sugar free blackberry jam; cut into small pieces and layer on a kabob with grapes in between each one) + cheese cubes + baby carrots > [Try sunflower butter for a peanut and tree nut free alternative.](#)
- **Chicken Wrap:** (Whole wheat tortilla + 2-3 ounces of cooked chicken breast + lettuce/spinach and yogurt based ranch dressing) + low fat cottage cheese + pineapple chunks > [Try Bolthouse Farms dressings!](#)
- **Tuna Sandwich:** (Whole wheat sandwich thin + Tuna packed in water + plain Greek yogurt + pickles + lettuce) + peaches + fat free milk
- **Fajitas:** (Whole wheat tortilla + chicken breast slices + bell pepper slices + 2 Tbsp of lower sodium salsa) + pineapple chunks
- **Mini Pizzas:** (Whole wheat sandwich thin or whole grain English muffin + tomato sauce/pizza sauce + shredded cheese + lower sodium turkey pepperoni + diced peppers, broccoli or veggie toppings of choice) + sugar snap peas + 100% juice
- **Egg & Salad:** Hard boiled egg + side salad with grape tomatoes and slices of lower sodium deli turkey + yogurt based salad dressing + diced peaches in 100% juice
- **Banana Sushi:** (Whole wheat tortilla + natural creamy or chunky peanut butter + banana slices + raisins) + blend of melon, pineapple and blueberries + low fat or skim milk
- **Tuna Snack Pack:** Tuna pack + celery sticks + apple + whole grain goldfish + greek yogurt
- **Turkey & Cheese Pinwheels:** (Whole wheat tortilla + lower sodium deli turkey + provolone cheese + olive oil mayo + spinach) + carrots + apple slices
- **Ham & Turkey Cracker Stackers:** (Whole grain crackers + lower-sodium deli ham and turkey + provolone cheese + clementines + bean chips > [Try Wheat Thins!](#)
- **Cream Cheese & Cucumber Sandwich:** (Whole grain English muffins + onion and chive cream cheese + sliced cucumber + sliced tomato) + mandarin oranges
- **Veggie Wrap:** (Whole wheat tortilla + hummus + spinach + sliced tomato + shredded carrots) + Greek yogurt + raspberries
- **Chicken Bacon Ranch Wrap:** (Whole wheat tortilla + yogurt-based ranch + shredded chicken + turkey bacon) + grapes + carrots
- **Hawaiian Sandwich:** (Whole wheat english muffin + lower-sodium honey ham + provolone cheese + olive oil mayo + pineapple ring) + carrots + guacamole
- **Waffle Sandwich:** (Whole grain waffle + lower sodium honey ham + provolone cheese + thinly sliced apples) + Greek yogurt + bell pepper slices
- **Build Your Own Tacos:** (Whole wheat tortilla + lean taco meat + shredded cheddar cheese + spinach + lower sodium salsa) + mandarin oranges
- **Salmon Bagel:** (Whole grain bagel + reduced fat cream cheese + pouch or smoked salmon + sliced cucumber) + apple



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They are available to answer your nutrition questions, share recipes, and provide resources.

