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

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Here Are 2 Weeks of School Lunches for You to Try!
(*Recipes on back)

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
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</thead>
<tbody>
<tr>
<td>Tuna salad on whole wheat bread</td>
<td>Pita Pizza*</td>
<td>Cheese quesadilla on whole wheat tortilla</td>
<td>Sun Butter and Banana Bites*</td>
<td>Turkey wrap with lettuce, cheese, hummus and shredded carrots on a whole wheat tortilla</td>
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<tr>
<td>Sugar snap peas</td>
<td>Watermelon cubes</td>
<td>Hummus</td>
<td>Baby carrots</td>
<td>Greek yogurt with berries</td>
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<tr>
<td>Strawberries</td>
<td>Broccoli florets</td>
<td>Carrot sticks</td>
<td>String cheese</td>
<td></td>
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</tbody>
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<thead>
<tr>
<th>Day 6</th>
<th>Day 7</th>
<th>Day 8</th>
<th>Day 9</th>
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</thead>
<tbody>
<tr>
<td>Whole wheat pita pocket sandwich with grilled chicken, cucumbers, lettuce, and Tzatziki sauce</td>
<td>Ham sandwich on whole wheat bread</td>
<td>Chicken Pasta Salad*</td>
<td>Whole wheat bagel sandwich with cream cheese and sliced turkey</td>
</tr>
<tr>
<td>Apple slices</td>
<td>Bell pepper slices</td>
<td>Greek yogurt</td>
<td>Baby carrots</td>
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<tr>
<td></td>
<td>Applesauce</td>
<td>Berries</td>
<td>Strawberries</td>
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<tr>
<th>Day 10</th>
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</thead>
<tbody>
<tr>
<td>Quinoa salad* with feta cheese, cherry tomatoes, and sliced cucumbers Grilled chicken strips</td>
</tr>
<tr>
<td>Recipes to Try</td>
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<td>----------------</td>
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| **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). |
| **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.  
*Fun tip:* Try using a whole wheat English muffin or bagel instead of pita bread! |
| **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.  
*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! |
| **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. |

<table>
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| 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. |