

# Healthy School Lunches

## FOOD SELECTION TIPS

**NOTE:** Portion size should match the child's appetite. Try not to over pack.

### PROTEIN

- Deli Meat (*natural, uncured, gluten-free is best like Applegate or Boar's Head*)
- Greek Yogurt (*sweetened with SweetLeaf Stevia® or Fruit*)
- Hard-boiled eggs
- Grilled chicken/turkey
- Leftover chicken, turkey, beef

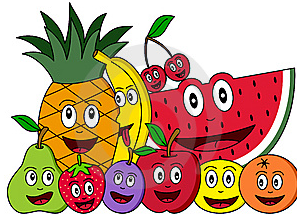
### VEGETABLES (*use organic when possible*)

- Carrots
- Celery sticks
- Cherry tomatoes
- Cucumber slices
- Lettuce leaf
- Pepper strips
- Roasted squash
- Sweet Potatoes
- Zucchini sticks



### FRUIT (*use organic when possible*)

- Apples/Applesauce (*unsweetened*)
- Bananas
- Blueberries
- Grapes
- Grapefruit
- Oranges
- Peaches/Nectarines
- Raspberries
- Strawberries
- Tangerine/Clementine
- Watermelon



### GRAIN/ NUT PRODUCTS (*as allowed per school and use organic when possible*)

- CRACKERS:
  - ~ Blue Diamond Nut Thins
  - ~ Glutino
  - ~ Mary's Gone Crackers
- NUTS:
  - ~ Raw / Soaked as allowed
- GRAINS:
  - ~ Brown Rice
  - ~ Brown Rice Pasta
  - ~ Quinoa
  - ~ Oatmeal

### DRINKS

- Water (*use SweetLeaf WaterDrops Water Enhancers for flavor variety*)
- Sparkling Water
  - ~ Homemade Soda: use fresh squeezed fruit juice or puree and mix with sparkling water for a "soda-like" taste.
- Silk® Almond Milk-Single Serve
- SoDelicious® Coconut Milk –Single Serve



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## TIPS & TRICKS

### MAKE IT FUN!

- Let your child prepare their lunch with you!!
- Cut sandwiches in fun shapes
- Add colorful fruits in vegetables with yogurt or hummus dips
- Replace chips with snap peas, sliced bell peppers or cucumbers for crunch.
- **Include notes of encouragement to help them through the day!!**

### TEMPERATURE: KEEP FOOD HOT OR COLD

- COLD: Pack an ice pack or a frozen water bottle
- COLD: Use an insulated lunch bag (paper and plastic bags are not insulated)
- HOT: Use a thermos. Prep the thermos before adding hot food by filling with boiling water, let sit for 3-5 minutes, empty and then add hot food.

### MIX IT UP!

- Make your own hummus or yogurt dip. Use plain Greek yogurt, fresh herbs, lemon juice and garlic/garlic powder.
- Instead of bread or tortilla, use lettuce. Wrap deli meat with cheese or use with taco meat.
- Cut baked chicken breast into strips and pack with honey mustard.
- Fill a pita with favorite vegetables and add hummus on side for flavor.

## SELECTING THE RIGHT LUNCH BOX

### Bentgo® Kids ([www.bentgo.com](http://www.bentgo.com))

This lunchbox is divided into separate compartments with a vacuum-seal top for each one.

The small size allows for age-appropriate portion sizes making it ideal for younger children.

### Slimline® Quaddie Lunchbox ([www.containerstore.com](http://www.containerstore.com))

This lunchbox has four sections, each with a hinged lid, and an 8 oz beverage bottle.

The larger sections make it convenient storage for sandwich and sides or salad with toppings, making it ideal for older children.

### PackIt® Personal Cooler ([www.packit.com](http://www.packit.com))

This lunchbox doesn't require ice/cold pack. The gel lining will keep food cool for up to 10 hours.

The larger size allows for a 12 oz drink along with food and the zipper interior prevents spilling.