



Packing a healthy lunch that your kids will eat can be a challenge. To get your child excited about healthy foods, offer your child a list of healthy options to choose from and let them help prepare and pack their meal.

Healthy Lunch Ideas

Pasta Pack

Prepare a cold salad made of:

- Cooked whole wheat pasta
- Chopped or shredded fresh vegetables and fruits of your child's choosing
- Cubes or slices of low fat cheese and lean meats like turkey or chicken

Toss the mixture with a low fat salad dressing and serve with milk.

Healthy Nachos:

Pack whole grain, baked tortilla chip (like baked Tostitos®) with toppings on the side:

- Canned beans that have been drained and rinsed or low fat refried beans
- Diced fresh tomatoes, and slices of avocado
- Reduced fat shredded cheese
- Salsa and low fat sour cream

Serve with fresh fruit or canned fruit packed in juice and milk.

Pizza Roll-up:

Spread a few teaspoons of prepared pizza sauce on a whole wheat tortilla and roll up a stick of string cheese. Serve cold or warm briefly in the microwave before serving. Serve with fresh or fruit canned in juice, carrot and celery sticks and milk.

Take a Dip:

Pack whole grain pretzels or crackers and a variety of meats, cheese, vegetables and fruits cut into dunkable sticks or wedges and pair with a serving of milk and one of these tasty dips:

- Salsa, salsa mixed with low fat sour cream, marinara sauce
- Nut Butters (Peanut, almond, etc.)
- Low fat refried beans mixed with salsa

Pita Pocket Sandwich

Choose a whole wheat pita pocket and have your child help choose delicious and nutritious fillings such as:

- Hummus, sliced red peppers and fresh spinach
- Leftover baked chicken or turkey, romaine lettuce, shredded parmesan cheese and low fat Caesar dressing
- Low fat tuna salad and sliced tomatoes

Note: Chunks of cheese and meat, pretzels, nuts, grapes, raw vegetables and fruits are choking hazards for children under the age of 4.