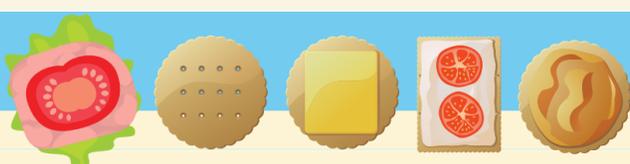


THINKING OUTSIDE THE LUNCH BOX



BREAKING BREAD — sandwiches

- Cucumber boats/medallions/slices
- Lettuce wraps
- Pretzel stick kabob
- Sweet bell peppers
- Tomato top and bottom boats
- Whole grain wraps
- Low carb tortillas
- Whole grain pitas
- Whole grain crackers



CREAM OF THE CROP — select lean protein sources

- Canned tuna or chicken
- Hard-boiled eggs
- Hummus or beans
- Meat leftovers
- Low-fat cottage cheese or Greek yogurt
- Nut or seed butter
- Pasta or quinoa salad
- Quiche muffins
- Reduced fat cheese
- Shelled edamame



GO BANANAS — quick to make and eat fruits

- Apple
- Banana
- Berries
- Grapes
- Kiwi cup (cut top off and eat with spoon)
- Melon cubes
- No-sugar/light syrup fruit cups



VEG OUT — tasty veggies and dips

- Avocado slices (sprinkled with lemon juice)
- Baby carrots/dip/nut butter
- Bell pepper strips/dip/hummus
- Broccoli/lite dressing/dip
- Cauliflower/lite dressing/dip
- Celery/hummus
- Cherry tomatoes
- Cucumber chunks/dip



YOU TAKE THE CAKE — low sugar treats

Check the package for serving size.

- ¼ cup sunflower or pumpkin seeds
- ¼ to ½ cup almonds, pistachios or walnuts
- Air-popped popcorn/salt-free seasoning
- Whole grain crackers
- Whole grain tortilla chips/salsa
- No-sugar applesauce
- 10 to 12 dark chocolate chips
- Animal crackers
- No-sugar pudding cups
- Homemade low sugar cookies



MY CUP OF TEA — low or no sugar drink options

- Water with fruit or veggies
- Green tea/a few drops of honey
- Seltzer water/splash of 100 percent juice
- Sparkling or seltzer water/slices of lemon or lime
- Low-sodium vegetable juice
- Iced tea, unsweetened
- No sugar added juice
- Unsweetened soy or almond milk
- Low-fat or fat-free milk



FUN AND GAMES — add a little fun

- Food cut into fun shapes
- Kabobs on a lollipop stick
- Stickers on packaging and utensils
- Muffin papers instead of bags
- Crinkle or spiral cut veggies
- Colored sponges made into icepacks
- Child's name on banana

Providing healthy food and drinks will help fuel your children for learning!