

What's for Lunch?

**GET
CREATIVE!**

Fruits and Vegetables

- “Ants on a Log” – Peanut butter and raisins on top of celery
- Fruit with nonfat yogurt as a dip
- Carrot sticks with healthy ranch dip
- Slide chunks of fresh fruit onto a stick to make a fruit kabob
- Snack sized vegetables with hummus or peanut butter for dip

MAIN COURSES

- Peanut butter and sliced banana sandwich on whole wheat bread
- Use a cookie cutter to cut a PB&J sandwich into fun shapes
- Make mini sandwiches with small portions of cheese and deli meat between wheat thins or saltine crackers
- Wrap a slice of cheese and a slice of deli meat around a pretzel rod
- Pack a container of egg, chicken, or tuna salad with pita bread wedges to dip.

Healthy Sides and Snacks

- Homemade Trail mix with cereal, nuts, and dried fruit
- Slice a cheese stick into bite-sized pieces and spear each piece with a pretzel stick
- Spread peanut butter on a graham cracker and decorate with small pieces of dried fruit
- Lowfat granola bar with nonfat yogurt to dip.

DRINKS

- Pack a frozen water bottle to help keep foods cold
- Skim Milk or 1% Milk
- Crystal Light or sugar free Hawaiian Punch packets with water bottle
- 4-6 oz 100% fruit juice

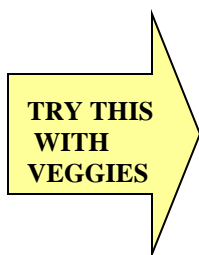
Stay away from sugary drinks!
Always choose low fat milk, water, or other non-sugary beverages.



Kick Up Your Energy with a Healthy Lunch!

A well-balanced lunch is part of the winning game plan you need to reach your healthy weight goals. Your body needs a balanced mid-day meal to keep you energized and focused for the rest of the day. Make sure to eat a source of **protein**, a source of **carbohydrate**, and plenty of **fruits and veggies** to help your body feel satisfied and full.


Try to represent at least 3 of the 5 groups at every meal:



Healthy Ranch Dip:
Mix 1 packet dry ranch seasoning with 2 cups nonfat plain yogurt



GRAINS
VEGETABLES
FRUIT
DAIRY
MEAT & BEANS

<p><u>Tootie Frootie Wrap</u> 1 Small whole grain tortilla 1-2 Tbsp Light Cream cheese (plain or strawberry flavor) 1/2 cup sliced strawberries Sprinkle with blueberries and lowfat granola</p> <p>8 oz fat free milk Celery sticks with yogurt ranch dip</p>	<p>HEALTHY LUNCH OPTIONS</p> 	<p><u>Tuna Salad</u> <i>*May substitute chicken</i> 1 can chunked light tuna in water (drained) 1/4 cup chopped celery 2 Tbsp. light mayo 2 tsp. fresh lemon juice Mix and serve on pita bread</p> <p>Water bottle with crystal light Baggie of green grapes</p>
<p><u>Sandwich on a Stick</u> Cut cubes of bread and cheese Fold lunch meat into squares Place on a skewer with cherry tomatoes and pickles Serve with mustard to dip</p> <p>8 oz fat free milk Baggie of sliced strawberries Baggie of air popped popcorn</p>	<p><u>Fruit and Yogurt Parfait</u> 6 oz fat free yogurt 1/4 cup blueberries 1/2 sliced banana 1/4 cup lowfat granola</p> <p>8 oz fat free milk Graham crackers Cucumber with hummus</p>	<p><u>Mock Sushi</u> 1 small whole grain tortilla Turkey lunch meat Cheese slice made with 2% milk 1 T mustard or light mayo <i>*Roll & slice into 1.5" sections.*</i> <i>Make it fun option:</i> Provide chopsticks and Ranch yogurt dipping sauce</p>