

LUNCHBOX IDEAS – Pick your favorites!

Vegetable Soup in thermos Wheat crackers Mozzarella cheese stick Pineapple chunks 100% juice	Cheese or veggie pizza slice Peach Celery Sticks with dip Animal crackers Water	Mini meatballs (in Thermos) Tossed salad with dressing Pretzels Pear Yogurt tube Water
Tuna Salad sand on whole wheat bread (made with light mayo) Baby carrots Apple Graham Crackers Water	Turkey Pepperoni Slices Cheese Stick Mandarin Oranges Broccoli with dressing Triscuit type crackers Water	Hard-boiled egg Cucumber slices with dip Mac and cheese (from dinner) Plum 100% Juice
Turkey lettuce wrap (lettuce wrapped around lean turkey) String Cheese Grapes Flavored mini-rice cakes Low-fat milk	Hummus Whole-grain crackers Blueberries Red pepper strips Trail mix Low-fat milk	Cottage cheese Mini bagel with cream cheese Peanuts Fruit Cocktail cup Cherry tomatoes Water
Peanut Butter Sandwich (multi-grain bread with 100% fruit spread) Popcorn Cucumber slices with dip/dressing Raisins Low-fat milk	Yogurt Nuts (mixed or peanuts, almonds, cashews, etc.) Homemade muffin Cherry tomatoes Banana Water	Tortilla with cheese Strawberries Garbanzo beans Cucumber slices Granola bar Water
Ham and cheese roll up (lean deli meat wrapped with cheese slice) Tossed salad (leftover from dinner) Dressing Whole grain goldfish Peach 100% juice	Roast beef sandwich Cut up Melon Leftover cooked beans Cucumber strips Granola Bar Low-fat milk	Peanut Butter on Crackers Pitted cherries Carrots with dressing Yogurt Water

General Suggestions:

- Choose whole grain, 100% whole wheat, or multi-grain breads and crackers as often as possible
- Select yogurts made with lower-fat milk
- Opt for part-skim mozzarella cheese or cheese sticks made with 2% milk
- Use lower-calorie versions of dressings when possible
- Choose canned fruit in its “own juice” or “light” syrup. Drain fruit of heavy syrups
- When packing juice, keep serving to 8oz. or less, and make sure it is 100% juice
- Make trail mix from nuts, pretzels, dried fruits, and a small amount of chocolate chips

