

LUNCHES MADE EASY

PROTEIN SOURCES – Choose **1** item from this block

- Boiled and peeled and de-veined shrimp
- Canned salmon or tuna – plain or mixed with a touch of mayo
- Cottage cheese
- Deli meats like turkey, ham, roast beef, or chicken cut into squares
- Deli meat roll-ups with or without sliced cheeses
- Hard boiled eggs or egg salad
- Hard cheese slices or cubes or soft cheese spread on crackers or bread – aim for 2% cheese
- Hummus
- Leftover cooked beans – like baked beans, kidney beans, black beans, refried beans
- Leftover dinner meats – chicken, turkey, beef, pork, etc.
- Mini meatballs
- Nuts – almonds, peanuts, cashews or walnuts (send with yogurt or cheese for a protein boost)
- Peanut butter, soy butter or almond butter
- Yogurt
- Slice of cheese or veggie pizza

FRUIT & VEGETABLE SOURCES – Choose **2** items from this block

- Baby carrots, celery or zucchini slices
- Banana
- Bell pepper slices (red pepper is sweeter than green)
- Berries – blueberries, strawberries, raspberries
- Cucumber slices or snap peas
- Dried fruits like raisins, cranberries or apricots
- Fresh fruit – apples, pears, peaches, plum, etc. Cut up accordingly.
- Fresh leftover vegetables from last night's dinner
- Fruit cups packed in own juice, light syrup or drained of heavy syrup – peaches, pears, applesauce, mandarin oranges, fruit cocktail, etc.
- Green peas
- Half of a corn on cob
- Cut up melon pieces
- Pitted cherries
- Raw/washed broccoli tops
- Cherry tomatoes
- Green or red grapes
- Small cans of single serving green beans, carrots, peas, baked beans, corn, etc.
- Tossed Salad
- Vegetable Soup in Thermos

STARCHY SOURCES – Choose **1** from this block

- Assorted crackers – Triscuits, wheat thins, graham, Ritz, whole wheat saltines, whole grain types
- Chex or homemade trail mix blends
- Goldfish crackers or pretzels
- Leftover cold pasta, rice, couscous, quinoa, barley, etc
- Leftover pancakes or waffles
- Cold pasta salad
- Mini-Bagels
- Chewy granola bars
- Pretzels – sticks or small knots
- Rice cakes or pita bread or tortilla wraps
- Sliced bread – whole wheat or whole grain preferred
- Unsweetened assorted cereals – Cheerios, Mighty Bites, Bran Chex, etc.
- Whole grain dinner rolls or homemade muffins
- Macaroni and Cheese in Thermos

MY CHILD'S FAVORITES:

Choose these foods more often and
Choose these less often.

Highlight your child's favorite foods and add any to the list in the blank section.
Hang this inside your kitchen cabinet as a handy reference.

