



Get Packin' ... Tips for a healthy lunch box

Main course:

- Cheese quesadilla
- Chicken drumstick
- Chicken, tuna, or egg salad with pita bread
- Hard-cooked eggs
- Hot soup in a thermos
- Pasta salad with vegetables (use colored pasta or fun shapes)
- Sandwich on whole-wheat bread, bagel or English muffin
 - Peanut butter and jelly (add raisins for a twist)
 - Turkey, ham or roast beef



Fruits and Vegetables:

- Dried raisins or plums
- Orange slices or wedges
- Snack-size applesauce
- Raw vegetables with low-fat dressing: baby carrots, celery sticks or cucumber slices

Snacks:

- String cheese
- Air-popped popcorn
- Cottage cheese and fruit
- Dry whole-grain cereal
- Graham crackers
- Pretzel sticks
- Trail mix with nuts and dried fruit
- Whole-grain crackers with cheese or peanut butter
- Yogurt



Beverages:

- Water
- Nonfat or 1% milk (strawberry or chocolate flavored is fine too)