# 閪的代UNCHES 

## Pack a healthy lunch using some of the ideas below！ Aim to always include a fruit and／or vegetable and make most of the grains whole grains．

## Monday：

－ $1 / 2$ cup low－fat cottage cheese
－I0－I5 whole wheat crackers with I－2 tablespoons almond butter， peanut butter，or sunflower seed butter
－Assorted vegetables （e．g．，tomatoes，sweet peppers， carrots，broccoli）
－Water

Tuesday：
－ $1 / 2$ of a large or I mini whole wheat bagel
－I－2 tablespoons almond butter， peanut butter，or sunflower seed butter
－Apple or banana
－ 6 ounces low－fat，low－sugar yogurt
－Water

## Wednesday：

－ 6 inch whole wheat tortilla with 2－3 ounces turkey，I ounce low－fat cheddar cheese， 2 table－ spoons hummus and assorted vegetables（e．g．，tomatoes，sweet peppers，carrots，broccoli，sugar snap peas）
－Grapes
－8－I0 whole wheat pita chips or multigrain tortilla chips
－Water

## Thursday：

－Burrito made with $1 / 2$ cup black beans， $1 / 2$ cup brown rice，salsa and 2 tablespoons low－fat plain Greek yogurt on a 6 inch whole wheat tortilla（feel free to add any other vegetables you like on burritos like lettuce，onion，and peppers）
－Orange
－Water

## Friday：

－3－4 ounces grilled chicken on salad greens with assorted vegetables（e．g．，tomatoes， sweet peppers，carrots，broccoli， sugar snap peas）
－I ounce feta cheese，and I－2 tablespoons oil－based or light creamy dressing
－ 3 cups air－popped popcorn
－Water

If you think you＇ll need more food than listed here to fill you up， increase your portions of fruits and vegetables first！

You may want to send smaller portions than listed for younger children．

## SHOPPING LIST

Lean deli turkey
Raw vegetables
（e．g．，tomatoes，sweet peppers，carrots，broccoli， sugar snap peas，or other favorites）
6 inch whole wheat tortilla Hummus
Grapes
Low－fat cottage cheese
Whole wheat crackers
Whole wheat bagels（large or mini size）
Almond butter or peanut butter
Apples or bananas
Low－fat，low－sugar yogurt
（look for 20 grams of sugar
or less per serving）
Brown rice
Black beans
Salsa
Low－fat plain Greek yogurt
Orange
Grilled chicken
Salad greens
Feta cheese
Oil－based or light creamy dressing
Air－popped popcorn


