

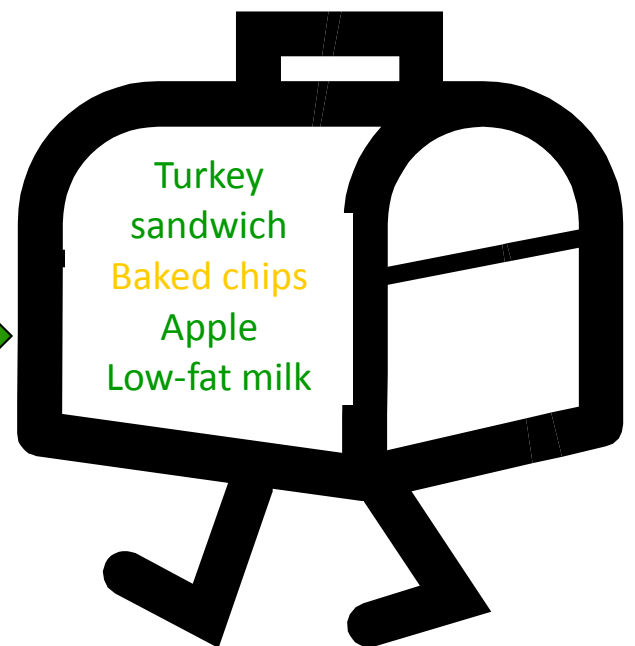
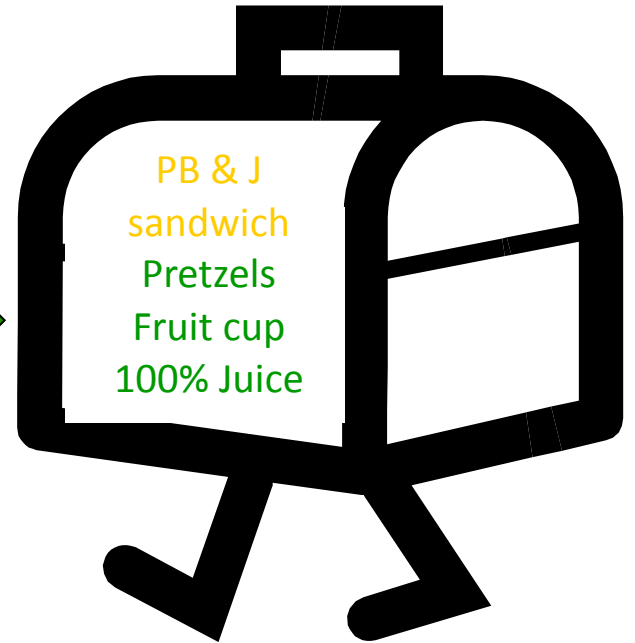
Eat Smart Lunches

Lunch time is a great time to make healthy choices that will fill you up and give you energy to get through the rest of the school day. Be smart when packing your lunch...use the Stoplight Food Guide to help you choose “anytime” foods (**green**) over “sometimes” (**yellow**) or “rarely” (**red**) foods.

Instead of...



Choose...



Tips for Packing a Healthy Lunch

- Look for **whole grain breads** - 100% whole wheat bread, tortillas, bagels, English muffins, etc. If your child prefers the taste and texture of white bread, choose White Wheat bread...it has the same nutrition as whole wheat bread, plus added calcium!
- Switch from high-fat meats such as bologna, salami, and pastrami to **low-fat alternatives** such as turkey breast, chicken breast, or ham.
- Pack or ask for milk at school that is **fat-free (skim) or low-fat (1%)**.
- Use cheese on sandwiches that is **low-fat or fat-free**.
- Pack a **water or other sugar-free beverage** instead of fruit drinks or soda.
- Choose **Winner's Circle** items! These healthy foods & drinks are marked with a * on your school lunch menu.
- Prepared lunch kits such as Lunchables are often high in fat and sugar. Make your own lunchables by combining...
 - English muffin, pizza sauce, turkey pepperoni, low-fat mozzarella cheese
 - Turkey breast slices, lite string cheese, whole grain crackers
 - Mini-bagel, peanut butter & jelly, fruit cup

Instead of...

Chips
Cookies
Snack Cakes
Bologna
Soda
Fruit Punch

Choose...

Baked chips, pretzels
Graham crackers
Angel food cake
Turkey
Diet Soda
Sugar-free drink

Plan ahead!

The best time to plan for lunch is the night before. Make sandwiches, put non-perishable items by your lunch bag, and put refrigerated items together in the front of the fridge.

Other **Healthy** Lunch Ideas...

PB & J sandwich
Turkey, cheese, tortilla roll-up
Carrot sticks & light ranch dip
Fresh or canned fruit
Applesauce
Light string cheese
Soup - vegetable, chicken noodle

Yogurt w/ low-fat granola
Almonds, peanuts, walnuts
Plain popcorn
Cereal - Frosted Mini Wheats, Honey Nut Cheerios, Rice Chex
Make-your-own trail mix - cereal, nuts, sunflower seeds, raisins, pretzels