

HEALTHY LUNCH IDEAS

- *Wraps made with whole wheat tortillas, containing lean cold cuts and/or low fat cheeses. Whole wheat wraps with low fat cream cheese topped with veggie slices. Even peanut butter and jelly is healthier in a wheat wrap.
- *Cut wraps in spirals, kids love different cuts and shapes to eat.
- *Mini Pitas with hummus, cucumbers, shredded carrots etc.
- *Low fat cheeses on whole wheat crackers.
- *Mini-burritos made with rice and black beans or refried beans in a tortilla with tomato salsa.
- *Whole grain bagels topped with low fat cream cheese.
- *Low fat cheese cubes and seedless grapes.
- *Cut vegetables, baby carrots with low fat ranch dressing for a dip.
(Kids love anything they can dip)
- *Cold strips of grilled chicken with honey mustard dip.
- *Peanut butter and Jelly or cream cheese and jelly on graham crackers or peanut butter and fresh sliced strawberries and bananas.
- *Baked chips or pretzels are a better choice than high-fat potato chips or cheese snacks.
- *Low-fat yogurt, cottage cheese

Thermos ideas

- *Soup
- *Meatballs and pasta,
- *Macaroni and low-fat cheeses
- *Yogurt Smoothies

Optional dessert

- *Flavored gelatin, low-fat pudding, oatmeal raisin cookie, graham crackers, fresh fruit

DRINKS

- *Water
- *Milk
- *100% Juice
- *Seltzer or water mixed with 100% juice instead of soda's