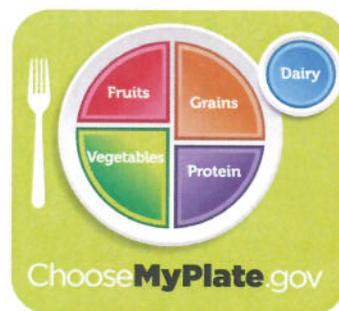


Packing Healthy Meals

Help your child to pack a healthy lunch by choosing one food from each food group!



Grains	Protein	Vegetables	Fruits
<p>Make at least half of your grains whole grains.</p> <p>Whole wheat bread Oatmeal bread Rye bread Whole grain pita Whole grain crackers Whole wheat tortilla Corn tortilla Whole grain roll Whole grain pasta Brown rice Whole grain couscous Corn meal muffin Baked corn chips Cereal</p>	<p>Serve lean protein and low-fat dairy products.</p> <p>Chicken or turkey without skin Lean beef Light tuna Boneless fish Peanut butter Beans: kidney, black, red, chick peas, etc.) Hummus Hard-boiled egg Low-fat cottage cheese Low-fat yogurt Low-fat cheese cubes Low-fat string cheese</p>	<p>Serve fresh, frozen or canned in water.</p> <p>Vegetable soup Salad greens Asparagus Beets Broccoli rabe Carrots Celery Cherry tomatoes Cucumber slices Carrot salad Coleslaw Green beans Peas Pepper strips Spinach Squash Sweet potatoes</p> <p><i>* Include at least 1 vegetable, but you may include 2 vegetables for a super-healthy lunch!</i></p>	<p>Serve fresh, frozen, dried* or canned in juice (not syrup).</p> <p>Apple Banana Blueberries Cantaloupe Dried fruit (raisins, dates, pitted prunes, apples, apricots, etc) Grapes (seedless) Kiwi fruit Mango Melon Nectarine Orange Peach Pear Plum Strawberries Tangerine Watermelon</p>

Dairy: Fat-free or 1% for children 2 years and older. Whole milk for children 12 - 23 months of age.

For breakfast, choose one of each:

- Whole grain
- Lean protein
- Fruit or vegetable
- Milk

For snack, pick two (e.g. cheese & apple):

- Whole grain
- Lean protein
- Fruit or vegetable
- Milk

The following items are NOT recommended:

- Fried meats, fruits or vegetables (e.g., French fries, tater tots, chicken nuggets, fish sticks, etc.)
- Potato chips, Doritos, or other high-fat snacks
- Candy, cupcakes, cookies, or other high-fat/high-sugar desserts
- Soda, fruit drinks, or other sugary drinks

*Dried fruits are a choking hazard for children under four years of age.