

Healthy Sack Lunch Choices



Rather than purchase a school lunch, a number of students would rather bring a “sack” lunch from home. However, not all items brought from home are equal in nutritional value. To enrich the healthy lunch options your child has, consider the following food and drink items as you pack your next sack lunch:

- **Proteins:** Use a variety of lean meats, such as sliced turkey or chicken breast. Other good sources of protein are low-fat cheese or hard-boiled eggs.
- **Grains:** Use whole-wheat bread for sandwiches. If your child is tired of sandwich bread, try whole-wheat pocket or pita bread, tortilla wraps, or rice cakes.
- **Dressing:** Try mustard, light mayonnaise or low-fat salad dressing as a spread. If your child likes butter, try tub margarine. Salsa also makes a great dressing.
- **Fruit:** Use any fresh fruit in season, applesauce, fruit cocktail cups (packed in fruit juice, not sugar syrup), or 100% fruit juice boxes. Keep lunch interesting by choosing different fruits on occasion - - for example, star fruit, kiwi, or papaya.
- **Vegetables:** Use all the colors! Pack an assortment of carrot sticks, cherry tomatoes, green and red pepper strips, celery, broccoli or cauliflower florets with light dressing.
- **Dairy Products:** Jazz up a low-fat yogurt with fresh fruit or low-fat granola. Send string cheese.
- **Beverages:** Water or seltzer water, low fat (1% or skim) milk, 100% fruit juice, stay away from sweetened soft drinks, fruit punch, and juices that do not say 100% fruit juice”

