

## NUTRITIOUS LUNCH GUIDELINES

Lunches need not be ho-hum anymore! Be creative! Of course you will want to think along the lines of good nutrition for your child. Here are some guidelines for planning lunch kit lunches:

Nutritious lunches should contain at least one serving from each of the following groups:

### MILK & MILK PRODUCTS

whole, low fat, or skim milk	cottage cheese
chocolate milk	buttermilk
puddings and custards (single serving)	cream soups
yogurt	

### MEATS & PROTEIN FOODS

ham	meat loaf
beef	hamburger patty
tuna	peanuts
egg	bean soup
peanut butter	chili
bologna	Vienna sausage
salami	sardines
turkey	leftovers (like casseroles or spaghetti)
chicken	sausage

### BREAD & WHOLE GRAINS

white bread	muffins
whole wheat bread	bread sticks
rye bread	cornbread
tortillas	crackers (unsalted, graham, snack type)
Melba toast	dry cereals
macaroni salad	biscuits
macaroni and cheese	

### FRUITS & VEGETABLES

any fresh fruit	vegetable soup
canned fruit	potato salad
dried fruits: raisins, prunes and apricots	raw vegetables: broccoli, cauliflower, carrots, cucumbers, pickles, cherry tomatoes, celery,
fruit juice	tossed salad
vegetable juice	
cole slaw	

Here are some simple suggestions for some great lunches:

1. Peanut butter sandwich, apple, chips, and milk.
2. Turkey sandwich, carrot sticks, orange sections, and milk.
3. Yogurt & fruit, crackers and milk.
4. Hard-boiled egg, muffin, melon cubes, oatmeal raisin cookies and milk.
5. Chunky chicken soup, cheese & crackers, orange sections and milk.
6. Sandwich meat and cheese cubes, Ritz crackers, apple slices and milk.

7. Hot dogs, corn bread muffin, vegetable sticks, canned fruit and milk.
8. Vegetable and beef stew, rye bread and milk.
9. Macaroni & cheese, applesauce, celery sticks and milk.
10. Baked chicken chunks, frozen peas, pineapple chunks, bread sticks and milk.

The possibilities are endless.

#### Some Helpful Tips

- ❖ Children love finger food and treats cut into interesting shapes & bite-size pieces. Use cookie cutters to cut sandwiches into fun shapes.
- ❖ Adults care more about variety than do kids, so when it comes to lunch, don't experiment: stick with the winners.
- ❖ Remember that the most nutritious lunch isn't worth a thing if it is not eaten, so consult with your child about his or her lunch.
- ❖ Children love treats – surprise your child with a sticker or special note from mom. Use leftover holiday, birthday napkins in their lunch kits! Children love the pictures!

We all love treats, however, we would greatly appreciate it if you would refrain from sending highly sugared foods such as:

1. Candy
2. Fun Fruits
3. Fruit roll-ups
4. Iced cakes and cupcakes

**Please make sure your child has more than sugared food in their lunch.  
Remember the four food groups listed on the front side of this sheet.**