

LUNCH GUIDE

MAIN ITEM

Spaghetti	Shredded Chicken	Hard Boiled Eggs	Bean/Lentil Burger
Hummus	Gucamole	Nut Butter	Yogurt
Chicken Soup	Lentil Soup	Chili	Stew
Egg Muffins	Deli Roll-up	Date-Nut Bar	Burrito
Bean Salad	Tuna Salad	Egg Salad	Chicken Salad
Salmon Burger Bites	Avocado	Sardines	Lentils and Rice
Grilled Cheese	Leftover Stir Fry	Nuts and Seeds	Omelet

Provide a fulfilling serving that will offer enough fat and protein to keep full.

FILLING ADDITONS

Popcorn	Granola	Veggie Chips	Pasta
Baked Oatmeal Bites	Hearty Muffins	Corn Tortillas	Trail Mix
Nut Crisps	Crackers	Brown Rice Cakes	Cereal
Brown Rice	Whole Grain Pretzels	Bagels	Lentil Pasta
Pita Bread	Bread	Coconut Chips	Waffles

Go for 100% whole-grain options for breads, crackers, cereals and pastas.

Select Nutrient Dense Foods

Focus on packing foods that are full of good fats, vitamins, and minerals to support your child's growing mind and body. If your child is going to eat it,

FRUIT / VEGGIES

Strawberries	Banana	Raspberries	Grapes
Salad	Celery Sticks	Baby Carrots	Roasted Beets
Kiwi	Mango	Pineapple	Lychee
Cucumbers	Asparagus	Sweet Pepper Strips	Fermented Carrots
Peaches	Mangosteen	Pears	Blueberries
Snow Peas	Pickles	Mashed Sweet Potatoes	Sauerkraut
Cherries	Oranges	Apples	Passionfruit
Tomatoes	Coleslaw	Olives	Kale Chips
Dried Fruit	Melon	Plums	Starfruit

Add variety to lunch by selecting a new fruit or vegetable each week.

Special Treats - Occasionally

A special treat should be just that, something special and served occasionally.

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Select Nutrient Dense Foods

Focus on packing foods that are full of good fats, vitamins, and minerals to support your child's growing mind and body. If your child is going to eat it, make sure it's nourishing their body.

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