

Healthy Lunches



It's been proven time and time again, children who eat nutritiously learn better, experience fewer behavior problems and have less mood swings. Eating a balanced diet can help your child do well at school, get along better with others and be happier. Look at some of the easy to make lunch selections below. If you send lunch to school, choose from the left list.

Good Choices

- ✓ Dried Fruit
- ✓ Hummus & low-fat pita chips
- ✓ Pretzels
- ✓ Low fat Macaroni Salad
- ✓ Fresh Fruit
- ✓ Fruit Canned in Water
- ✓ Fresh Veggies
- ✓ Bean and rice burrito
- ✓ Fruit and granola parfait
- ✓ Cinnamon Bagel
- ✓ Pasta with tomato sauce
- ✓ Pita Bread Sandwich
- ✓ Peanut Butter Banana Sand.
- ✓ RyeKrisp Crackers with Avocado
- ✓ Vegetable Soups
- ✓ Bean Salad
- ✓ Tapioca Pudding
- ✓ Low-fat Potato Salad
- ✓ Nuts
- ✓ Low fat granola
- ✓ Salads with low/no fat dressing
- ✓ Water
- ✓ Diluted Fruit Juices

Poor Choices

- ✗ Fruit Roll-ups
- ✗ Lunchables
- ✗ Fried Chips/Crackers
- ✗ Gogurt
- ✗ Cheese Popcorn
- ✗ Cookies
- ✗ Donuts or Pastries
- ✗ Syrupy Fruit Punches
- ✗ Top Ramen
- ✗ Cup of Noodles
- ✗ Cold Cuts
- ✗ High-fat Salad Dressings
- ✗ Fast Food
- ✗ Canned Fruit w/Added Sugar
- ✗ Soda
- ✗ Juice or juice drinks

All these are either low in nutrient value or high in fat, sugars and/or salt.

Remember, your child depends on **you** to provide the food they need to grow and learn. Their future eating preferences are determined now, so start them out right.