

## **Healthy Lunchbox Toolkit:** Use these helpful tips to make a healthy lunchbox for your child:



It's good to be Blue.

1. Include a food from every major food group – dairy, fruit, vegetable, grain, protein
2. Let your child choose at least 1 healthy item for their lunchbox.
3. Include at least 1 high fiber food.
4. Limit to no more than 1 sugary snack.
5. Avoid adding fruit punch or sodas and add low-fat or fat-free milk or 100% fruit juice instead.
6. Offer a variety and try something new at least once per week.

### **Sample Healthy Lunchboxes**

Try these sample healthy lunchboxes using the toolkit tips above:

<b>Lunchbox 1</b>	<p><b>Tuna salad sandwich on wheat</b>  <b>Celery &amp; carrot sticks</b>  <b>Low-fat ranch dip</b>  <b>1 container no sugar added applesauce</b>  <b><sup>1</sup>/<sub>4</sub> cup granola</b>  <b>8 oz low-fat chocolate milk</b></p>
<b>Lunchbox 2</b>	<p><b>Turkey club wrap with lettuce &amp; tomato</b>  <b><sup>3</sup>/<sub>4</sub> cup mandarin oranges</b>  <b>1 string cheese</b>  <b>1 small bag baked pita chips</b>  <b><sup>1</sup>/<sub>2</sub> cup 100% apple juice</b></p>
<b>Lunchbox 3</b>	<p><b>Black bean and cheese burrito</b>  <b>Side garden salad with 1 tbsp dressing</b>  <b><sup>3</sup>/<sub>4</sub> cup cubed pineapple</b>  <b>1 small bag baked tortilla chips with salsa</b>  <b>8 oz low-fat strawberry milk</b></p>
<b>Lunchbox 4</b>	<p><b>Grilled cheese sandwich on wheat</b>  <b>1 cup vegetable soup</b>  <b>Small package dried fruit &amp; nut trail mix</b>  <b>6 oz container vanilla yogurt</b>  <b><sup>1</sup>/<sub>2</sub> cup 100% orange juice</b></p>
<b>Lunchbox 5</b>	<p><b>Grilled chicken pita pockets</b>  <b>Lettuce, tomato, onion &amp; mayo topping</b>  <b><sup>1</sup>/<sub>2</sub> cup fruit cocktail in 100% fruit juice</b>  <b><sup>1</sup>/<sub>3</sub> cup whole-wheat pasta salad</b>  <b>8 oz low-fat soy milk</b></p>

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**1-day Sample Healthy Kid's Menu**

<b>Breakfast</b>	<p><b>½ Whole-grain bagel with peanut butter</b>  <b>17 grapes</b>  <b>8 oz low-fat or fat-free milk</b></p>
<b>Snack 1</b>	<p><b>Low-fat yogurt with granola and berries</b></p>
<b>Lunch</b>	<p><b>Oven baked chicken nuggets</b>  <b>Sweet potato fries</b>  <b>Tropical fruit cup</b>  <b>8 oz low-fat or fat-free milk</b></p>
<b>Snack 2</b>	<p><b>1 snack bag of pretzels</b>  <b>1 small apple</b></p>
<b>Dinner</b>	<p><b>Spaghetti with meat sauce <i>*lower sodium sauce, whole wheat spaghetti, 90% lean ground beef for added iron</i></b>  <b>½ cup green beans</b>  <b>1 cup garden salad with 1 tbsp salad dressing</b>  <b>Small whole-wheat dinner roll</b>  <b>½ cup low-fat vanilla frozen yogurt</b></p>