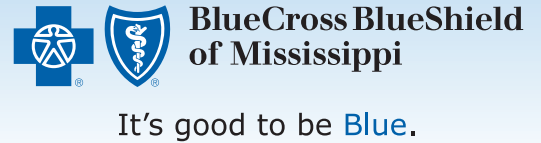


Healthy Lunchbox Toolkit:
Use these helpful tips to make a healthy lunchbox for your child:



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:

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

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



It's good to be Blue.

1-day Sample Healthy Kid's Menu

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