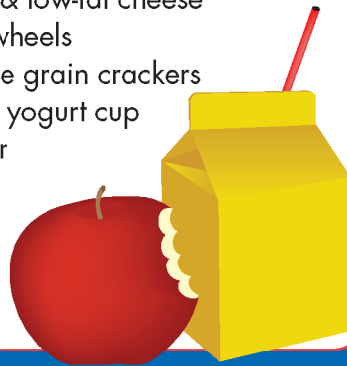


# HEALTHY SCHOOL

# LUNCHES

## 5 EASY LUNCHES

1. Whole wheat pita pocket  
Favorite veggies, sliced  
Low-fat cheese  
Strawberries  
Water
2. Whole grain pasta & cheese  
Cherry tomatoes, cut in half  
Orange wedges  
Water
3. Lean turkey on whole grain bread  
Sugar snap peas  
Apple wedges  
Low-fat milk
4. Hummus on whole grain bread with veggies  
Banana slices  
Low-fat milk
5. Ham & low-fat cheese pinwheels  
Whole grain crackers  
Small yogurt cup  
Water



## DIP IT!



If your child seems uninterested in sampling fruits and vegetables, consider your presentation. Children love to dip!

- Cut fruit into bite-size pieces and provide a healthy side dip like nonfat or low-fat vanilla Greek yogurt.
- Veggies cut into easy-to-manage pieces with a side of hummus or plain Greek yogurt are yummy, too!

## MIX AND MATCH LUNCH OPTIONS

### Proteins (Pick 1 or 2):

Baked chicken  
Beans (whole or mashed)  
Cottage cheese  
Low-fat cheese  
Hummus  
Turkey, ham or roast beef  
Yogurt

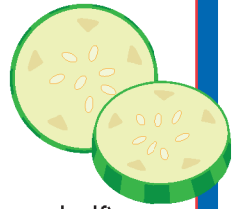
### Fruits (Pick 1):

Apple wedges  
Banana slices  
Grapes (cut in half)  
Kiwi slices  
Melon slices  
Orange wedges  
Strawberries



### Veggies (Pick 1):

Baby carrots  
Bell pepper slices  
Broccoli  
Celery sticks  
Cherry tomatoes (cut in half)  
Cucumber slices  
Snow or sugar snap peas



### Whole Grains (Pick 1):

Bread sticks  
Low-fat granola  
Rice cakes  
Sugar-free cereal  
Whole grain bread/bagels/  
pita pockets/tortillas  
Whole grain crackers  
Whole grain pasta

*Add a cup of low-fat milk or water to complete your combo!  
Your child will also love a special note from you tucked into their lunch.*

**\*See chart on page two for age-appropriate serving sizes.**

If using an insulated lunch bag, be sure to remove all lunch items and place them in the refrigerator when you drop your little one off at school. This will ensure their lunch stays at the proper temperature until it's time to eat.

If your child's school does not have a refrigerator, make sure you use a well-insulated lunch bag with plenty of ice packs.

# SERVING SIZES FOR PRESCHOOLERS

## DAIRY

### 4 SERVINGS PER DAY

	AGE 1	AGES 2-3	AGES 4-5
<b>Cheese</b>	1/3 - 2/3 oz	2/3 - 1 oz	1 oz
<b>Cottage cheese</b>	2 - 4 tbsp	4 - 6 tbsp	6 tbsp
<b>Milk</b>	1/2 cup	1/2 cup	1/2 - 3/4 cup
<b>Yogurt</b>	1/2 cup	1/2 cup	1/2 - 3/4 cup



## FRUITS

### 2-3 SERVINGS PER DAY

	AGE 1	AGES 2-3	AGES 4-5
<b>100% fruit juice</b> (no added sugar)	1/4 cup	1/4 cup	1/2 cup
<b>Canned fruit</b> (drain and rinse)	1/4 cup	1/4 cup	1/2 cup
<b>Fresh fruit</b> (pureed, mashed or cubed)	2 - 3 tbsp	3 - 4 tbsp	4 - 5 tbsp

## GRAINS

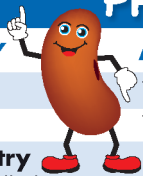
### 6 SERVINGS PER DAY

	AGE 1	AGES 2-3	AGES 4-5
<b>Bagels and buns</b>	1/4 bun	1/3 bun	1/2 bun
<b>Bread, pitas and tortillas</b>	1/4 slice	1/2 slice	3/4 - 1 slice
<b>Cooked cereal, rice and pasta</b>	1/4 cup	1/3 cup	1/2 cup
<b>Crackers</b>	2 - 3	3 - 4	4 - 5
<b>Dry cereal</b> (sugar free)	1/4 cup	1/2 cup	3/4 - 1 cup

## PROTEIN

### 2 SERVINGS PER DAY

	AGE 1	AGES 2-3	AGES 4-5
<b>Beans, whole</b>	1/4 cup	1/3 cup	1/2 cup
<b>Eggs</b>	1	1	1
<b>Fish, lean beef, poultry and pork</b> (baked or grilled)	1 oz	1 1/2 oz	2 oz
<b>Nut or seed butter</b>	1 tbsp	1 - 2 tbsp	2 - 3 tbsp

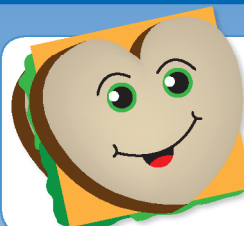


## VEGETABLES

### 3-4 SERVINGS PER DAY

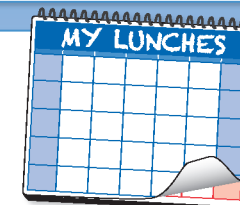
	AGE 1	AGES 2-3	AGES 4-5
<b>Cooked vegetables</b>	1/4 cup	1/3 cup	1/2 cup
<b>Fresh vegetables</b> (chopped)	2 - 3 tbsp	3 - 4 tbsp	4 - 6 tbsp
<b>Vegetable Juice</b>	1/4 cup	1/4 cup	1/4 - 1/2 cup

# SCHOOL LUNCH TIMESAVERS



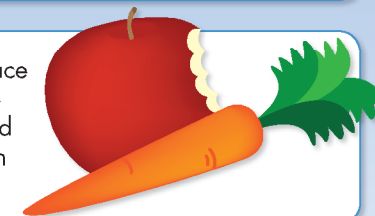
- Involve your children in making lunches. After dinner, gather in the kitchen to prepare sandwiches or leftovers and snacks for the next day's lunches. If they've helped make their lunch, children are more likely to eat and enjoy it.

- Make a weekday lunch calendar and ask your children to help decide what they will have for lunch each day. This will also make grocery shopping for the week that much easier!



- Consider using divided lunch containers. With separate sections available for each food group, they'll help you easily put together healthy, balanced lunches.

- Prepare a variety of fruits and veggies and place a serving of each in separate containers in the fridge. When packing lunches, have each child choose one item from each group and place in their lunch bag with a sandwich and drink.



- Prepare large meals like pasta or stew over the weekend and then divide into single-serve portions to pack for lunches throughout the week.