

# The Lunch Bag

## 15 Healthy Lunches for School Aged Children

Low-Fat Cheese Slices  
Whole Wheat Crackers  
Kiwi  
Baby Carrots

Low-Fat Yogurt  
Pretzel Sticks  
Green Grapes  
Almonds (1/4 c)

Bagel (1/2)  
Peanut Butter (2 Tbsp)  
Cucumber Rounds  
Raisins

\*English Muffin Pizza  
Dried Fruit (1/4 c)  
Small Green Salad  
Graham Cracker

1/2 Roast Beef Sandwich  
Apple Wedges  
Sweet Pepper Slices

Bean & Cheese Burrito  
Salsa  
Pear Slices  
Animal Crackers

\*Shake & Serve Salad  
Breadstick Crackers  
Low Fat Dressing  
Orange Wedges

Pasta Salad w/ Chicken  
Tomato Wedges  
Pear

Unsweetened Ready-to-Eat  
Cereal  
Banana  
Low Fat Milk  
Celery Sticks

\*Tuna Stacks (w/whole wheat  
Crackers and veggies)  
Low Fat Cheese Cubes  
Red Grapes

Mini Pita Rounds with  
Hummus  
Baby Tomatoes  
Canned Pineapple (in own  
juice)

1/2 Peanut Butter & Jelly  
Sandwich  
Snap Peas  
Tangerine/Mandarin

Turkey Wrap with Lettuce  
Strawberries  
Broccoli with Low Fat Ranch

1/2 Ham Sandwich w/ lettuce  
Cantaloupe Slices  
Celery Sticks

Garden Salad w/ Hardboiled  
Egg Slices  
Low Fat Dressing  
Whole Wheat Crackers  
Watermelon Cubes

Be Safe ~ Pack all lunches in an insulated  
lunchbox with an ice pack & remind kids to  
wash their hands before eating lunch!

\* See back for easy recipes kids can make on  
their own & lunch time beverage suggestions.



## English Muffin Pizza

Whole wheat English muffin  
1/4 c Pizza sauce  
1/2 c Part-skim Mozzarella cheese  
Your favorite veggies

- Spread pizza sauce over each muffin half
- Sprinkle cheese over sauce
- Top cheese with veggies
- Bake in toaster oven OR microwave (45 seconds)
- Prepare the night before & keep chilled

**Be Healthy**  
Choose low-fat  
or fat-free  
mayonnaise for  
sandwiches

## Shake & Serve Salad

1 Re-sealable bag  
1 c Lettuce  
1/8 c Low-fat shredded cheese  
Shredded carrots/ other veggies  
Low fat dressing

- Mix ingredients together in re-sealable bag
- Place dressing in a separate container to add at lunchtime.
- At lunch, add dressing to salad & shake.
- Don't forget your fork! Enjoy!

**For easy tuna  
stackers,  
alternate tuna &  
veggies on  
whole wheat  
crackers!**

**Choose dairy  
products that are  
low in fat  
including milk,  
cheese and  
yogurt for  
healthier lunches!**

## Healthy Lunchtime Drinks:

Low fat/ Fat Free Milk, Water, & 100% Fruit Juice

