

# HELP!

## What do I pack my kids for lunch?

1. Make it fun. Let them pick their favorite meat, cheese, or yogurt flavor. Have them help you make their sandwich.
2. Pack some protein. Their brain is working all day and it's hard to concentrate when your stomach is growling. Consider their favorite lunch meat with some low fat cheese. Both pack a punch of good quality protein and they taste good together too!
3. Mix it up. If your child is tired of sandwiches, get their protein elsewhere. Yogurt, string cheese, beans, nuts, peanut butter, and eggs all provide hunger fighting protein.
4. Throw in some fruits and vegetables. It may be tempting to buy fruit cups but whole fruit packs just as easily as well as provides fiber and water which will help fill them up. Plus, the fruit won't be swimming in sugar all day. The teachers will thank you.
5. What kid doesn't like to dip? Carrots, celery, sliced sweet peppers, raw broccoli and cauliflower all make fun dipping instruments. Pack a side of 'healthy ranch' (half ranch/half plain yogurt), other light salad dressings, or hummus with the veggies and see them crunch away!
6. Limit the sodas and fruit juices. They are more likely to drink water if not tempted by other sugary drinks.
7. Hold off on the cookies, cakes, candy, and pies. These are fine as occasional treats but don't pack them every day and when you do, only give them one serving. Instead of 8 cookies, pack 2-3. They are more likely to fill up on their other food when the sweets are limited.

\*\*\*Below is weeks worth of healthy kid friendly meals and snacks to get you started\*\*\*

# Sample Week

## **Monday**

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**2 slices wheat bread with 3 oz. meat**  
**8 celery sticks with 2 tbsp. peanut butter**  
**1/2 cup apple sauce**  
**1 string cheese stick**  
**16 oz. water**

## **Wednesday**

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**1 sub sandwich, 3 oz. meat, veggies**  
**3 oz. cheese with 15 crackers**  
**1 cup mixed fruit salad**  
**3 cookies**  
**16 oz. water**

## **Friday**

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**2 slices wheat bread, 3oz meat**  
**1 medium banana**  
**1 string cheese stick**  
**1 cup raw broccoli, 2 tbsp. dip**  
**6-8 oz. 100% fruit juice**

## **Tuesday**

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**1 wheat tortilla, 3 oz. meat, 1 slice cheese**  
**7-10 baby carrots with 2 tbsp. dip**  
**1 pear**  
**1 bag of pretzels**  
**16 oz. water**

## **Thursday**

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**PBJ on 2 slices whole wheat bread**  
**6oz low fat yogurt**  
**1 apple, sliced**  
**1/2 sweet pepper sliced**  
**16 oz. water**

## **Snacks**

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**Dried Fruit + Nuts / Trail Mix**  
**Dry cereal**  
**Cottage cheese**  
**Peanut butter crackers**  
**Strawberries, Grapes, Apples**