



Pack A MyPlate Lunch



HEALTHY LUNCH = VEGETABLE + PROTEIN + WHOLE GRAIN + FRUIT + DAIRY

Vegetables	Fruits	Proteins	Grains	Dairy
<ul style="list-style-type: none"> • Baby carrots • Broccoli florets • Cauliflower florets • Celery • Cherry or grape tomatoes • Cucumber slices • Edamame • Green beans • Jicama slices • Lettuce • Mushrooms • Red, yellow or green pepper slices • Spinach • Sugar snap peas 	<ul style="list-style-type: none"> • Apples • Applesauce • Apricots • Blueberries • Cherries • Dates • Grapes • Kiwi • Mango • Melon • Nectarines • Oranges • Papaya • Peaches • Pineapple • Raisins • Strawberries 	<ul style="list-style-type: none"> • Chicken salad • Ham • Hard-boiled eggs • Hummus • Nut butters (peanut, almond, cashew, sunflower) • Refried beans • Roast beef • Sliced chicken • Sliced pork • Smoked salmon • Tofu cubes • Tuna salad • Turkey • White or Black bean dip 	<ul style="list-style-type: none"> • Boston brown bread • Brown rice cakes • Cinnamon raisin bread • Graham crackers • Granola • Multi-grain bun or roll • Oatmeal – raisin cookies • Popcorn (Air-popped) • Wheat flour tortillas • Whole grain crackers • Whole grain pasta salad • Whole wheat English muffin • Whole wheat pita • Whole wheat pretzels 	<ul style="list-style-type: none"> • Cheese slices, sticks or cubes • Cottage cheese • Cream cheese • Goat cheese • Milk • Smoothies • Sour cream • Yogurt
Preparation – Packing	Preparation – Packing	Preparation – Packing	Preparation – Packing	Preparation – Packing
<ol style="list-style-type: none"> 1. Wash vegetables under cold water. 2. Add a dipping sauce such as hummus or ranch dressing. 3. Add vegetable slices to a sandwich. 4. Keep vegetables cool. 	<ol style="list-style-type: none"> 1. Select fresh, dried or packaged fruits. 2. Choose canned or packaged fruits with no sugar or syrup added. 3. Wash fruits with cold water. 4. Most kids like cut fruit instead of whole fruit. 5. Keep fruits cool. 	<ol style="list-style-type: none"> 1. Slice leftover meats from dinner for sandwiches. 2. Roll up meats around a vegetable stick. 3. Make sandwiches the night before and refrigerate or freeze them. 	<ol style="list-style-type: none"> 1. Use whole grain breads instead of white sandwich bread. 2. Try a tortilla wrap or flatbread to make a sandwich. 3. Mix it up! 	<ol style="list-style-type: none"> 1. Choose low-fat or skim milk products. 2. Milk can be purchased at school at a very low cost. This is your child's best bet to be sure the milk is kept cold.