



# Pack A MyPlate Lunch



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

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