Quick, Healthy Lunches

Quick Tips
Let children help with grocery shopping, budgeting (for older kids), and packing lunches

Include a positive and supportive note in your child’s lunchbox to make their day!
If you’re short on time, your child can get a low-cost, healthy lunch at school, camp, or at their summer learning program
Serve only water, low-fat milk, or 100% juice with lunch

Main Dishes

Build-Your-Own Pizza: Whole grain English muffin with tomato sauce, low-fat shredded cheese, vegetables
Whole grain crackers with lean meat/tofu slices, low-fat cheese slices
Low-sodium vegetable soup in an insulated container

Peanut/sun butter and berry/banana sandwich with whole wheat bread
Whole-wheat tortilla with low-sodium beans, low-fat cheese, salsa
Brown rice/quinoa/couscous with lean meat, low-sodium beans, edamame, low-sodium teriyaki sauce
Whole grain bagel with low-fat cream cheese
Whole grain waffle sandwich
Whole grain pita bread and hummus
Tuna/chicken salad with Greek yogurt or avocado
## Quick, Healthy Lunches continued

### MAIN DISHES

- Kabobs with chicken/turkey/ham/ham/tofu cubes, fruit, vegetables
- Baked potato/sweet potato with Greek yogurt, low-fat cheese, vegetables, salsa
- Lettuce cup with lean ground beef/chicken/turkey, low-fat cheese, salsa

### SNACKS

- Whole grain crackers
- Pretzels
- Trail mix
- Baked chips
- Whole wheat graham cracker with peanut/sun butter or low-fat cream cheese
- Low-fat string cheese
- No-sugar-added apple sauce
- Fruit cup in water or 100% juice
- Whole grain cereal
- Dried fruit/raisins
- Air-popped popcorn

### FRUITS/VEGETABLES

- Celery or carrot sticks with Greek yogurt dip
- Cookie-cutter shape cucumbers, apples, pears, kiwi, melon, or zucchini
- Small garden salad with fresh greens, tomatoes, carrots
- Small fruit salad with berries, bananas, grapes
- Edamame/snap peas
- Orange or apple slices
- Banana