

Healthy Lunch Options

Today your child learned about the importance of eating a balance lunch. Use the ideas below to help your child create a balanced lunch. Choose one from each food group.



Fruit: Melon, grapes, bananas, blueberries, kiwi, clementines, oranges, apple or pear slices with lemon juice to keep from browning, etc.



Vegetables: Bell pepper, celery, cucumbers, broccoli, carrots, sugar snap peas, jicama, cauliflower, corn, sweet potato, tomatoes, etc.



Whole Grains: Whole wheat bread, pita, crackers, tortillas, whole grains such as brown rice, quinoa, barley, oatmeal, etc.



Lean Proteins: Fish, lean ham or beef, chicken, turkey, hard boiled eggs, nut butters, beans, seeds, nuts, etc.



Dairy or Calcium-rich Foods: Low fat or fat free milk, cheese sticks, yogurt, cottage cheese, soy, rice or almond milk, etc.



What about a treat? Is it okay to include a treat in our lunch? Sure! Balance is the key to a healthy diet.

When packing a treat, think small portions, such as a small cookie, a 2-bite brownie, or a piece of chocolate. If you prefer salty snacks, you can pack a handful of chips or pretzels. Chocolate milk would be considered a treat.