

# LUNCH IDEAS

Select an item from each food group for a healthy, delicious lunch!

Grain	Protein	Fruit	Veggies	Dairy (optional)	Treat (optional)	Drink
<ul style="list-style-type: none"> <li>• Whole-wheat bread</li> <li>• Pita / lavash / flatbread</li> <li>• Tortilla</li> <li>• Croissant</li> <li>• Whole-grain crackers</li> <li>• Graham crackers</li> <li>• Bagel</li> <li>• Dinner roll</li> <li>• Rice</li> <li>• Rice cake</li> <li>• Quinoa</li> <li>• Couscous</li> <li>• Corn</li> <li>• Pasta (w/ butter, pesto, red sauce)</li> <li>• Pasta salad</li> <li>• Granola</li> <li>• Cereal bar</li> <li>• Dry cereal</li> <li>• Pumpkin/zucchini/banana bread</li> <li>• Mini-muffin</li> <li>• Popcorn</li> <li>• Pretzels</li> </ul>	<ul style="list-style-type: none"> <li>• Deli meat: turkey/ham/ salami</li> <li>• Meatball</li> <li>• Hot dog</li> <li>• Tuna salad</li> <li>• Dinner leftovers (e.g. chicken, beef, pork)</li> <li>• Fish</li> <li>• Sausage</li> <li>• Hummus</li> <li>• Lentils</li> <li>• Beans</li> <li>• Bean dip</li> <li>• Tofu (raw or baked)</li> <li>• Hard-boiled egg</li> <li>• Nuts (not allowed by many schools)</li> <li>• Nut (not allowed by many schools) or seed butter</li> </ul>	<ul style="list-style-type: none"> <li>• Grapes</li> <li>• Berries (straw-, blue-, rasp-)</li> <li>• Pear</li> <li>• Peach/nectarine</li> <li>• Apple</li> <li>• Banana</li> <li>• Cherries</li> <li>• Watermelon / honeydew / cantaloupe</li> <li>• Applesauce</li> <li>• Orange or clementine</li> <li>• Mandarin orange wedges</li> <li>• Plum</li> <li>• Mango</li> <li>• Kiwi</li> <li>• Apricots</li> <li>• Pineapple</li> <li>• Dried fruit</li> <li>• Fruit pouch</li> </ul>	<ul style="list-style-type: none"> <li>• Peas</li> <li>• Edamame</li> <li>• Green beans</li> <li>• Snap peas</li> <li>• Beets</li> <li>• Bell pepper</li> <li>• Cucumber</li> <li>• Squash</li> <li>• Avocado</li> <li>• Carrots</li> <li>• Broccoli</li> <li>• Artichoke hearts</li> <li>• Celery</li> <li>• Tomatoes</li> <li>• Seaweed sheets</li> <li>• Cooked or creamed spinach</li> <li>• Lettuce/salad</li> <li>• Olives</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese slices/ cubes</li> <li>• String cheese</li> <li>• Spreadable cheese (e.g. Laughing Cow)</li> <li>• Babybel</li> <li>• Yogurt</li> <li>• Yogurt smoothie</li> <li>• Cottage cheese</li> <li>• Cream cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Raisins</li> <li>• Cranberries</li> <li>• Yogurt-covered raisins or berries</li> <li>• Yogurt puffs</li> <li>• Animal crackers</li> <li>• Chocolate chips</li> <li>• Gummy vitamin</li> </ul>	<ul style="list-style-type: none"> <li>• Milk (2%)</li> <li>• Water</li> <li>• Yogurt smoothie</li> <li>• (Watered-down) Juice or lemonade</li> </ul>