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The Healthy Brown Bag: 15 Lunches for School-Aged Children

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The Healthy Brown Bag

15 Lunches for School-Aged Children

Low-fat cheese slices
 Whole wheat crackers
 Kiwi
 Baby carrots

Bean and cheese burrito
 Salsa
 Pear slices
 Animal crackers

Mini pita rounds with hummus
 Baby tomatoes
 Canned pineapple (in own juice)

Low-fat yogurt
 Pretzel sticks
 Green grapes
 Almonds (1/4 c)

*Shake and Serve salad
 Breadstick crackers
 Low-fat dressing
 Orange wedges

Peanut butter and jelly sandwich (1/2)
 Snap peas
 Tangerine or mandarin

Bagel (1/2)
 Peanut butter (2 Tbsp)
 Cucumber rounds
 Raisins

Pasta salad with chicken
 Tomato wedges
 Pear

Turkey wrap with lettuce
 Strawberries
 Broccoli with Low-fat ranch dressing

*English muffin pizza
 Dried fruit (1/4 c)
 Small green salad
 Graham cracker

Unsweetened ready-to-eat cereal
 Low-fat milk
 Banana
 Celery Sticks

Ham sandwich with lettuce (1/2)
 Cantaloupe slices
 Celery sticks

Roast beef sandwich (1/2)
 Apple wedges
 Sweet pepper slices

*Tuna stacks (with whole wheat crackers and veggies)
 Low-fat cheese cubes
 Red grapes

Garden salad with hard-boiled egg slices
 Low-fat dressing
 Whole wheat crackers
 Watermelon cubes

Be Safe ~ Pack all lunches in an insulated lunch bag with an ice pack and remind kids to wash their hands before eating lunch!

* See back for easy recipes kids can make on their own and lunch-time beverage suggestions.



English Muffin Pizza

Whole wheat English muffin
¼ c Pizza sauce
½ c Part-skim mozzarella cheese
Your favorite veggies

- Spread pizza sauce over each muffin half.
- Sprinkle cheese over sauce.
- Top cheese with veggies.
- Bake in toaster oven or microwave (45 seconds).
- Prepare the night before and keep chilled.

Be Healthy

Choose low-fat or fat-free mayonnaise for sandwiches.

Shake and Serve Salad

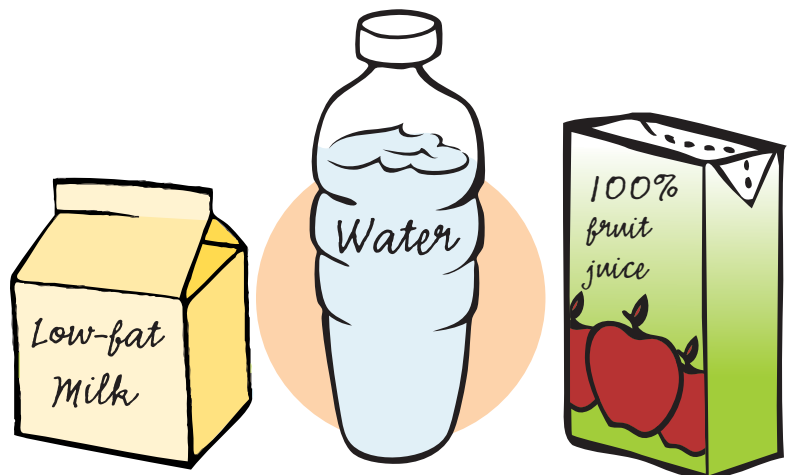
1 Re-sealable bag
1 c Lettuce
⅛ c Low-fat shredded cheese
Shredded carrots or other veggies
Low-fat dressing

- Mix ingredients together in re-sealable bag.
- Place dressing in a separate container to add at lunchtime.
- At lunch, add dressing to salad and shake.
- Don't forget your fork! Enjoy!

For easy tuna stackers, alternate tuna and veggies on whole wheat crackers!

Healthy Lunchtime Drinks

Low-fat or fat-free milk, water, and 100% fruit juice



Choose dairy products that are low in fat (milk, cheese and yogurt) for healthier lunches.

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