

★ Mix and Match Lunches ★

1

Main Entree

- Cheese and whole wheat crackers
- Cream cheese and veggie pin wheel
- Pizza tortilla roll up
- Hummus and whole wheat pita
- Deviled eggs and whole wheat crackers
- Fried rice with edamame and veggies
- Pasta salad with chicken and veggies
- Chili with beans and lean meat
- Whole wheat waffle with sun butter and jam
- Greek yogurt parfait with cereal and fruit
- Sandwich Thin "build your own" pizza
- Oatmeal fruit muffin
- Re-fried bean and cheese quesadilla
- Peanut butter and banana tortilla "sushi" (roll up and slice into rounds)
- Veggie, chicken, and cheese kabobs
- Low sodium deli meat and cheese wrapped around bread sticks

2

Fruit

- Apple (try freeze dried or apple sauce)
- Banana (or banana chips)
- Berries (Blackberry, Blueberry, Strawberry, Raspberry)
- Cherries
- Dried fruit (Raisin, Date, Fig, Apricot, Craisins, Prune, etc.)
- Grapes
- Kiwifruit
- Mango
- Melon (Cantaloupe, Honeydew, Watermelon)
- Orange (Clementine, Mandarin, Tangerine)
- Papaya
- Peach or Nectarine
- Pear
- Plum
- Pineapple
- Pomegranate

Pick a food from each group!

3

Vegetable

- Broccoli
- Cauliflower
- Carrots (try baby carrots or shredded)
- Celery
- Cherry Tomatoes
- Cucumbers
- Fresh Salsa
- Green Beans
- Jicama
- Kohlrabi
- Pickles
- Peppers (try different colors)
- Salad
- Snap Peas
- Steamed mixed veggies
- Zucchini or summer squash

4

Snack/Treat

- Cheese Stick
- Cookie or baked good
- Dry Whole Grain Cereal
- Graham Crackers
- Guacamole or Hummus
- Low-fat Pudding
- Mini Muffin
- Mini Chocolate
- Popcorn
- Pretzels
- Rice rolls or rice cakes
- Roasted Chickpeas
- Roasted Edamame
- Tortilla Chips
- Teddy Grahams or Bunny Grahams
- Whole Grain Goldfish
- Yogurt (try Siggi's, Oikos, or Fage)

Tips:

- Use an ice pack to keep foods cold.
- Try "build your own" options, which keep foods fresher.
- Pack treat foods occasionally so that they don't become "forbidden fruits".
- Prep fruits, veggies, and other snacks ahead of time to avoid a stressful morning.
- Have a "snack station" in the fridge and pantry with pre-portioned healthy snacks.