

# Center for Healthy Weight and Nutrition

## Rev your engines! It's time for LUNCH!

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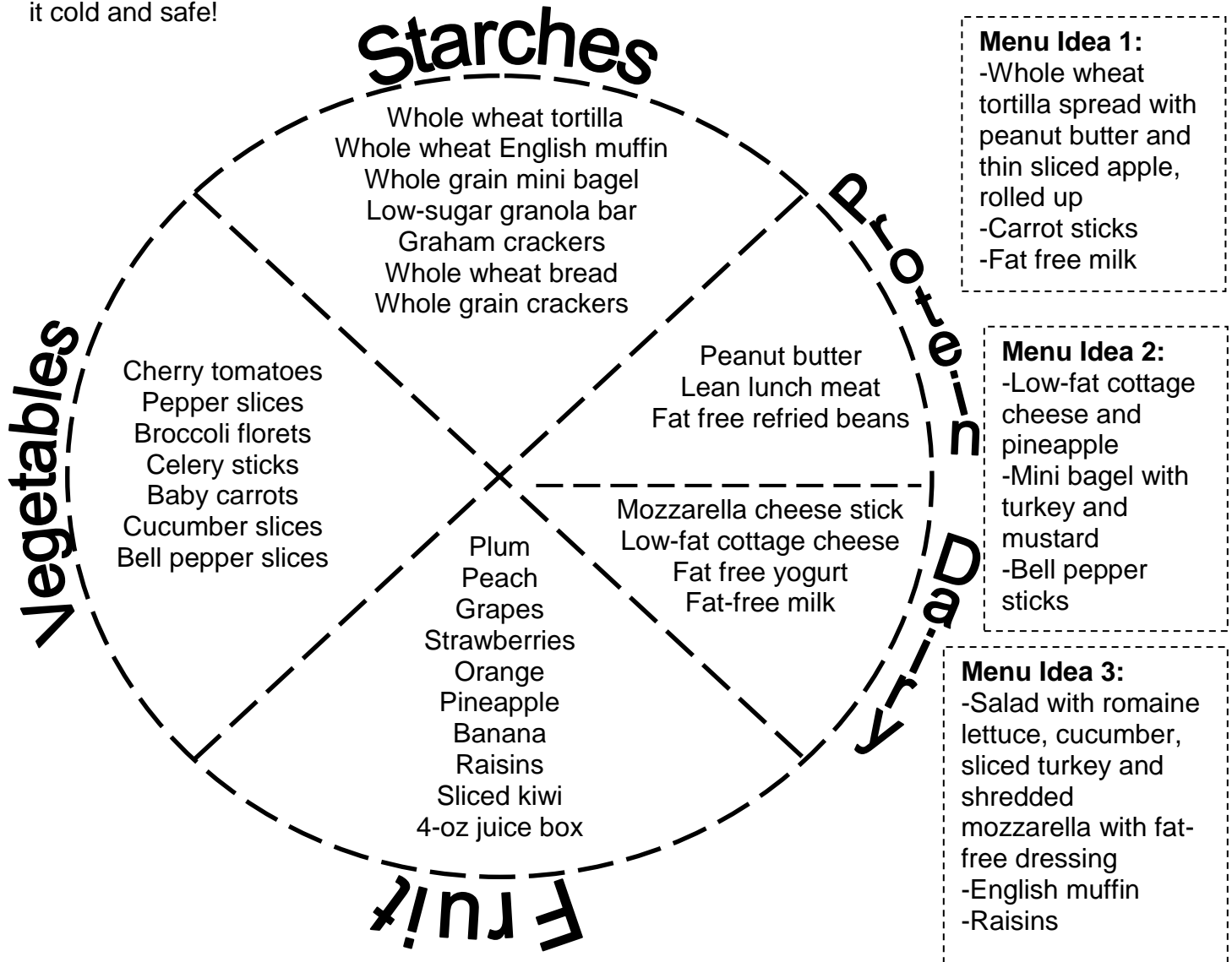
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### Why lunch?

A healthy lunch is what you need to stay energetic and focused for the rest of your day. Breakfast is the fuel your body needs to start your engine, lunch keeps you going strong!

### What's for lunch?

Need some ideas of what to pack? Pick one item from each section of the wheel, add a sugar free drink, and you're ready to race! Be sure to freeze a water bottle to keep in your lunch sack to keep it cold and safe!



If you're running out of time in the morning to pack a lunch, try packing it the night before and sticking it in the fridge. It will be ready when you are!

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### What's on your menu? Here are a few ideas!

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| <p><b><u>Veggie Wrap</u></b></p> <p>1 Small Whole Grain Tortilla<br/>1-2 Tbsp. Light Veggie Cream Cheese<br/>1 cup Sliced Cucumbers</p> <p>1-2 Tbsp. Low Fat Peanut Butter<br/>1 small Apple</p>   | <p><b><u>Stack it on a Cracker</u></b></p> <p>5 Whole Grain Crackers<br/>5 slices Lean Lunch Meat (Turkey, Ham, or Roast Beef)<br/>5 Low-Fat Cheese Cubes</p> <p>1 cup Baby Carrots<br/>1 Pear</p> | <p><b><u>PB and Banana</u></b></p> <p>1 Whole Grain Mini Bagel<br/>2 Tbsp. Crunchy Peanut Butter<br/>Sliced Banana</p> <p>1 Low Fat Mozzarella Stick<br/>1 cup Baby Carrots</p>              |
| <p><b><u>Yogurt and Granola</u></b></p> <p>¼ cup Granola<br/>1 Fat Free Yogurt<br/>½ cup Strawberries</p> <p>1-2 stalks of Celery<br/>1-2 Tbsp. Peanut Butter W/ Raisins</p>   | <p><b><u>Hummus Dippers</u></b></p> <p>5 Whole Grain Crackers<br/>2 Tbsp. Hummus<br/>1 cup Bell Pepper Slices/Cherry Tomatoes</p> <p>8 oz. Fat Free Milk<br/>1 cup Grapes</p>                      | <p><b><u>Chicken Wrapper</u></b></p> <p>½ Whole Grain Pita<br/>2-3 oz. Chicken<br/>¼ cup Lettuce<br/>¼ cup Low Fat Cheese</p> <p>½ cup Low Fat Cottage Cheese<br/>½ cup Pineapple Chunks</p> |
| <p><b>Other Snack Ideas</b></p> <ul style="list-style-type: none"> <li>• Pack dippers for Yogurt such as Raisins, Dried Fruit, or Nuts</li> <li>• Vegetables With a Low-Fat Dressing</li> <li>• Fruit Kabobs: Chunks of Cantaloupe, Watermelon, Grapes, Pineapple, and Mini Marshmallows</li> <li>• Homemade trail mix with Dried Fruit, Nuts, Raisins, Granola, and Chocolate Morsels</li> </ul> <p><b>Drinks:</b><br/>Bring a water bottle to school to have throughout the day and at lunch<br/>Purchase a carton of milk in the school lunch line</p> <p>Avoid adding juice boxes, sports drinks or other flavored drinks or juices to avoid the extra sugar</p> |  |  |