



## Beverages

- Water
- Sparking water
- 100% fruit juice
- Diet soft drink
- Hot or iced herb tea



## Sweets

- Low-fat cupcake
- Low-fat granola bar
- Vanilla wafers
- Low-fat animal crackers
- Ginger snaps
- Oatmeal raisin cookie
- Graham crackers

## Sample menus

- Peanut butter and jelly on whole wheat bread, low-fat strawberry yogurt, a banana, five vanilla wafers and a bottle of water.
- Turkey and cheese on whole wheat with lettuce, orange wedges, an oatmeal raisin cookie and water.
- Marinated beans wrapped in a tortilla with grated cheese and salsa, an apple, low-fat cupcake and sparkling water.
- Tuna salad with air crisp crackers, fresh pineapple slices and low-fat cottage cheese, a low-fat granola bar and iced tea.

## Food Safety

- Keep cold foods cold and hot foods hot. Use a thermos or insulated bag and ice pack.
- If milk is the only food that needs to be kept cold, have your child buy it at school.

## Other Tips

- Go for color! Eat a variety of red, orange, yellow, dark green, blue and purple fruits and vegetables. The recommended amount is 5 to 9 servings of fruits and vegetables a day.
- Choose snacks that are 6 grams of fat or less and are less than 30% sugar per serving.
- Pack your lunch in the evening when you clean up from dinner.
- Have your child help you pack their lunch. Let them choose from a few healthy items.

## List Your Child's Favorites Here

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