# the Lunch box

## 15 Take-Along Lunches for Preschool Children

**Be Safe:** Pack all lunches in an insulated lunch box or bag with a frozen ice pack.

<table>
<thead>
<tr>
<th>Number</th>
<th>Item</th>
<th>Description</th>
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| 1      | ½ turkey sandwich | Carrot sticks  
½ banana  
Water |
| 2      | Celery with peanut butter | 2 graham cracker squares  
Cantaloupe slices  
Low-fat milk |
| 3      | Low-fat cheese strips | 6 whole-wheat crackers  
Tomato wedges  
Oatmeal raisin cookie  
100% grape juice |
| 4      | Ham strips | Small bran muffin  
Pineapple tidbits  
Low-fat milk |
| 5      | Cheese pizza wedge | (small)  
Snow peas  
100% apple juice |
| 6      | ½ peanut butter and banana sandwich | Broccoli florets  
Low-fat milk |
| 7      | ½ tuna sandwich | Cucumber circles  
Strawberries  
Low-fat milk |
| 8      | Mini pita with hummus and lettuce | Orange wedges  
Animal crackers  
Low-fat milk |
| 9      | Low-fat cottage cheese | Bread sticks  
Zucchini rounds  
Water |
| 10     | Homemade trail mix | (recipe on page 2)  
Red bell pepper strips  
Low-fat milk |
| 11     | Bean and cheese burrito | Cherry tomatoes (cut in half)  
Peach slices  
Water |
| 12     | Baked chicken thigh | Graham crackers  
Kiwi slices  
Low-fat milk |
| 13     | ½ roast beef sandwich | Small green salad (with low-fat dressing)  
Grapes (cut in half)  
Low-fat milk |
| 14     | Leftover casserole | Baby carrots  
½ pear  
Low-fat milk |
| 15     | Unsweetened, ready-to-eat cereal | Broccoli florets  
Tangerine  
Low-fat milk |

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Homemade Trail Mix
¼ cup toasted oat cereal
2 tablespoons raisins or chopped dried fruit
1 tablespoon sunflower seeds (without shells)
5 pretzel sticks

Place all ingredients in a small, plastic zipper bag. Seal the bag and shake.

Add More Variety
Pack interesting sandwiches for your child’s lunch by using different types of breads and fillings. Cut sandwiches into fun shapes using a cookie cutter or these ideas:

Reduce Fat
Cut down (but don’t eliminate) fat in your child’s diet by choosing

• low-fat and fat-free dairy products (milk, cheese, yogurt)
• lean meats, poultry, and fish (prepared with no added fat)
• tuna packed in water
• low-fat or fat-free mayonnaise
• fat-free snacks like pretzels

Reduce Added Sugar
Pack a healthier lunch by choosing foods with little or no added sugar.

Use
• fresh fruit
• 100% fruit juice
• fruit canned in juice
• unsweetened ready-to-eat cereal

Instead of
• fruit bits, fruit snacks, fruit rolls
• fruit drinks
• fruit canned in syrup
• presweetened ready-to-eat cereal

Tip: Keep cut fruit from turning brown by dipping it in pineapple juice before you pack it in the lunch.
More Information

The Lunch Box is a series of handouts designed for parents who pack lunches for their preschool children. The goal of these handouts is to assist parents in packing lunches that are nutritious, safe, and appealing for preschool children.

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You will find related information in these titles and in other publications, slide sets, CD-ROMs, and videos from UC ANR:

*Children and Weight: What’s a Parent to Do?, DVD 6524D*

*EatFit Teacher’s Curriculum*, Publication 3424

*Fit Families Novela Series*, Publication 3496

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