The Healthy Brown Bag
15 Lunches for School-Aged Children

Low-fat cheese slices
Whole wheat crackers
Kiwi
Baby carrots

Low-fat yogurt
Pretzel sticks
Green grapes
Almonds (¼ c)

Bagel (½)
Peanut butter (2 Tbsp)
Cucumber rounds
Raisins

*English muffin pizza
Dried fruit (¼ c)
Small green salad
Graham cracker

Roast beef sandwich (½)
Apple wedges
Sweet pepper slices

Bean and cheese burrito
Salsa
Pear slices
Animal crackers

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

Pasta salad with chicken
Tomato wedges
Pear

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

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

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

Peanut butter and jelly sandwich (½)
Snap peas
Tangerine or mandarin

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

Ham sandwich with lettuce (½)
Cantaloupe slices
Celery sticks

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.

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**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.

**Shake and Serve Salad**

1 Re-sealable bag  
1 c Lettuce  
1/8 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!

**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.

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