



The Healthy Brown Bag

15 Lunches for School-Aged Children

Low-fat cheese slices
Whole wheat crackers
Kiwi
Baby carrots

Bean and cheese burrito
Salsa
Pear slices
Animal crackers

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

Low-fat yogurt
Pretzel sticks
Green grapes
Almonds (1/4 c)

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

Peanut butter and jelly sandwich (1/2)
Snap peas
Tangerine or mandarin

Bagel (1/2)
Peanut butter (2 Tbsp)
Cucumber rounds
Raisins

Pasta salad with chicken
Tomato wedges
Pear

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

*English muffin pizza
Dried fruit (1/4 c)
Small green salad
Graham cracker

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

Ham sandwich with lettuce (1/2)
Cantaloupe slices
Celery sticks

Roast beef sandwich (1/2)
Apple wedges
Sweet pepper slices

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

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.



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.

Be Healthy

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

Shake and Serve Salad

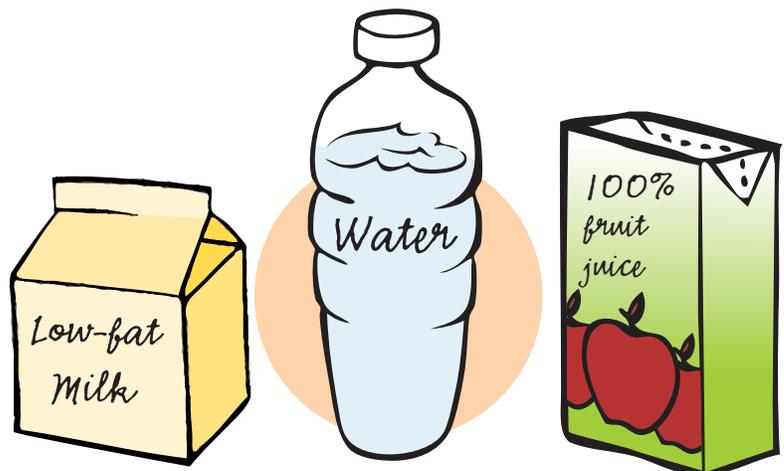
1 Re-sealable bag
1 c Lettuce
⅛ c Low-fat shredded cheese
Shredded carrots or other veggies
Low-fat dressing

- 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!

For easy tuna stackers, alternate tuna and veggies on whole wheat crackers!

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.

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Publication 8371

ISBN-13: 978-1-60107-633-5

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This publication has been anonymously peer reviewed for technical accuracy by University of California scientists and other qualified professionals. This review process was managed by the ANR Associate Editor for Food and Nutrition.

xm-pr-3/09-LR/RW