

It's LUNCH Time!

To support our students making healthy eating choices, here are some DO's and DON'TS for bringing lunch from home. Nutritious ideas for lunch are on the left – unhealthy options on the right. Please help us to achieve our healthy kids mission and select foods from the recommended list for lunch.

HEART (Health Education and Resource Team) APPROVED!!

RECOMMENDED

Protein Choices

- ♥ Eggs: hard boiled, or egg salad
- ♥ Tuna: small snack cans or salad
- ♥ Hummus
- ♥ Peanut butter
- ♥ Bean dip
- ♥ Beans: pinto, kidney, garbanzo
- ♥ Low fat meats: turkey, chicken,
- ♥ Cottage cheese
- ♥ String cheese
- ♥ Yogurt, low or non-fat

Grain/Bread Choices**

- ♥ Whole wheat bread
- ♥ Bagel
- ♥ English muffin
- ♥ Pita bread
- ♥ Tortilla, corn or whole wheat
- ♥ Rice
- ♥ Pasta
- ♥ Rice cakes
- ♥ Whole grain crackers

Fruit/Vegetable Choices

- ♥ Fruit: fresh, dried, canned in water or own juice
- ♥ Salad
- ♥ Vegetables: fresh, canned, frozen
- ♥ Starchy vegetables: potatoes (not fried), corn, peas

Beverages

- ♥ Water
- ♥ Milk, low or non-fat
- ♥ 100% juice

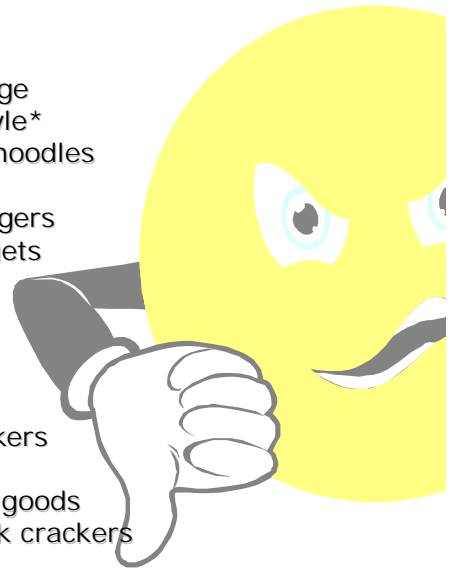
NOT RECOMMENDED

- ♥ Hot dogs
- ♥ Corn dogs
- ♥ Bacon, sausage
- ♥ Lunchable style*
- ♥ Cup of soup/noodles
- ♥ TV dinners
- ♥ Fast food burgers
- ♥ Chicken nuggets

- ♥ Graham crackers
- ♥ Cookies
- ♥ Sweet baked goods
- ♥ High fat snack crackers
- ♥ Potato chips
- ♥ Tortilla or corn chips
- ♥ Cheetos
- ♥ Granola bars/snack bars
- ♥ Candy

- ♥ Fried potatoes
- ♥ Fruit roll-ups, fruit snacks
- ♥ Fruit canned in syrup
- ♥ Jello

- ♥ Soda
- ♥ Sports or energy drinks
- ♥ Fruit drinks/punch



* 2/3 of calories in "Lunchables" come from sugar and fat.

** Look for whole grain choices (says 100% whole grain on label or lists whole grain as first ingredient).