

Mix-And-Match to Build a Healthful Lunch!

Choose from the food and beverage choices below to build a healthful lunch. Mix-and-match items from each of the columns to make sure you're giving your body the nutrients it needs to be healthy!

Vegetables	Fruits	Grains	Dairy	Protein	Beverages
Choose 1 to 2	Choose 1	Choose 1 to 2	Choose 1	Choose 1 to 2	Choose 1
<ul style="list-style-type: none"> ■ asparagus ■ carrots ■ cauliflower ■ celery ■ corn ■ cucumbers ■ green beans ■ jicama ■ lettuce ■ peas ■ peppers <ul style="list-style-type: none"> — green — red — yellow ■ snap peas ■ spinach ■ squash ■ tomatoes ■ zucchini 	<ul style="list-style-type: none"> ■ apple ■ banana ■ blackberries ■ blueberries ■ cherries ■ dried fruit ■ grapefruit ■ grapes ■ kiwi ■ mango ■ melon ■ nectarine ■ oranges ■ papaya ■ peach ■ pear ■ pineapple ■ plum ■ raspberries ■ strawberries 	<ul style="list-style-type: none"> ■ brown rice ■ corn tortilla ■ oatmeal ■ whole-grain <ul style="list-style-type: none"> — bagel — bread — crackers — pasta — tortilla ■ wild rice 	<ul style="list-style-type: none"> ■ cheese <ul style="list-style-type: none"> — sliced — string ■ cottage cheese ■ milk <ul style="list-style-type: none"> — fat-free — 1% — 2% — soy milk (calcium-fortified) ■ yogurt (low-fat) 	<ul style="list-style-type: none"> ■ beans (legumes) <ul style="list-style-type: none"> — black — kidney — pinto ■ cheese <ul style="list-style-type: none"> — sliced — string ■ chicken ■ cottage cheese ■ deli meats ■ eggs ■ fish ■ hummus ■ nut butters <ul style="list-style-type: none"> — almond butter — peanut butter ■ turkey 	<ul style="list-style-type: none"> ■ 100% fruit juice (4 ounces) ■ milk <ul style="list-style-type: none"> — fat-free — 1% — 2% — coconut — soy milk (calcium-fortified) ■ water, sparkling water or water infused with fresh fruit



Flip the page over for sample lunches to get you started!

(over)

Sensational Smoothie

- whole-grain bagel with low-fat cream cheese
- **Sensational Smoothie**
 - berries (such as blueberries)
 - ½ banana
 - spinach, kale or both
 - milk (dairy, coconut or soy)
 - vanilla-flavored whey protein powder

Combine all ingredients in a blender. Blend until smooth. Pour into smoothie containers with lids and place in the freezer.

Pack a frozen smoothie in your lunchbox with an ice pack. It'll be thawed by lunch!

Yummy Yogurt Parfait

- celery and almond butter or peanut butter
- 2 hard-boiled eggs
- **Yummy Yogurt Parfait**
 - berries (such as raspberries)
 - 1 cup low-fat plain or vanilla yogurt
 - ¼ cup low-fat granola

Layer berries and yogurt in a small bowl. Sprinkle granola on top. Enjoy!

- sparkling water

Sunny Southwest

- whole-grain tortilla chips
- cheddar cheese, shredded
- pineapple chunks
- **Sunny Southwest Fish**
 - grilled fish fillet (such as cod or tilapia)
 - black beans, drained and rinsed
 - salsa

Serve fish warm, topped with black beans and salsa. Enjoy!

- fat-free milk

Kebab Party

- whole-grain crackers
- **Chicken Kebab**
 - grape tomatoes
 - peppers (green, red or yellow), sliced
 - cooked chicken breast, cut into 1-inch cubes

Place one grape tomato, pepper slice and cube of chicken on a skewer. Continue alternating between ingredients until kebab is filled. Enjoy!

- **Sweet Kebab**
 - grapes
 - strawberries, stems removed and sliced in halves
 - cantaloupe, rind removed and cut into 1-inch cubes
 - oranges, peel removed and separated into slices

Place one grape, strawberry half, cantaloupe cube and orange slice on a skewer. Continue alternating between fruits until kebab is filled. Enjoy!

- fat-free milk

Picnic for Lunch

- sliced peaches
- cottage cheese
- **Picnic Pita-bread Sandwich**
 - whole-grain pita bread
 - low-fat deli meat
 - toppings: sliced cucumber, sliced tomato, shredded cheese (such as cheddar or mozzarella), shredded romaine lettuce, hummus

Place deli meat on pita bread. Add toppings. Enjoy!

- sparkling water and 4 ounces 100% fruit juice