

How to Pack a Healthy Lunch

Step 1: Starch and Protein

Turkey Sandwich
Peanut butter and jelly sandwich
Hummus and crackers
Cheese quesadilla

Beans and rice
Chili and crackers
Chicken and rice
Pasta and turkey

Step 2: Fruit

Apple
Clementine
Peaches
Kiwi

Grapes
Blueberries
Applesauce
Strawberries

Step 3: Veggie

Carrots
Celery
Broccoli

Salad
Snap peas
Snow peas

Step 4: Snack

String cheese
Yogurt
Pretzels

Popcorn
Granola bar
Dried fruit

Step 5: Water

