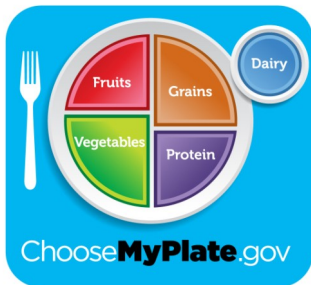




# Healthy Lunches & Snacks for Elementary Students

## Tips for packing lunch for your little one!



- Make a goal for nutrient-rich balanced meal that includes protein, grains, healthy fats, fruits, vegetables & dairy. Use the MyPlate image to ensure your kid's lunches include all the food groups.
- Let your child be the chef of his/her lunches. Have the kids choose healthful foods for their lunch.
- Pack visually appealing meals as kids eat with their eyes. Choose bright and colorful fruits and vegetables and pack in a colorful lunch bag with their favorite cartoon character .
- Use cookie cutters to make fun sandwich shapes.

**Below is an example of a balanced, healthy and fun lunch!**

## Wrap 'n Roll

Combine the ingredients below and roll it up for a fun twist on sandwiches.

1-100% Whole Wheat 6-8 inch tortilla  
2 ounces low fat lunch meat like turkey or ham  
1 ounce mozzarella or reduced fat cheese  
Reduced Fat Mayonnaise or Mustard  
Lettuce, Tomato & Avocado

### • **Fruit Frenzy**

- Choose fresh fruits that are in season to save on costs and ensure fresh flavor.
- Wrap peeled and sectioned oranges in plastic wrap.
- Cut up fruits such as apples, peaches and kiwi for bite-sized juicy goodness.

## Veggie Bowl

Place carrot and celery sticks vertically in a plastic container with 2 tablespoons of Light Ranch dressing on the bottom for a fun veggie side.

## Milk or Yogurt

Buy single serve low-fat or skim milk cartons or containers of low-fat yogurt for packed lunch for a good source of calcium.

## Super Snacks

Snacks are a healthy way to provide nutrients in between meals and are important for proper growth and nutrition of your child. Each snack should be balanced and include protein, carbohydrates, and healthy fats. It's also a great way to make eating fruits & veggies fun.

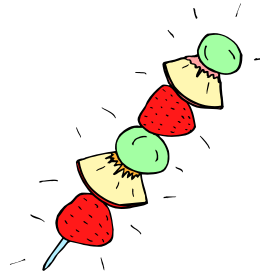
**Below is a great snack recipe that gets the kids involved in the preparation.**

### Fruit Kabobs

Recipe adapted from kidshealth.org

#### Ingredients:

- 1 apple
- 1 banana
- 1/3 cup red seedless grapes
- 2/3 cup pineapple chunks
- 1/3 cup cherries, pitted
- 1 cup nonfat vanilla Greek yogurt
- 1 tablespoon of peanut butter
- Options: 1/4 c. dried coconut, shredded;
- 1/2 cup chopped almonds or pecans;
- 1/4 cup mini chocolate chips
- 4-Wooden skewers, Knife, Plates



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#### Directions:

1. Begin by washing all the fruits. Cut the apple, banana and pineapple (if fresh) into bite-size pieces. Place the fruit onto a large plate.
2. Spread coconut, nuts or chocolate chips onto another large plate. Mix the yogurt and peanut butter together.
3. Slide pieces of fruit onto the skewer and design your own kabob by putting as much or as little of whatever fruit you want! Do this until the stick is almost covered from end to end.
4. Hold your kabob at the ends and roll it in the yogurt and peanut butter mixture, so the fruit gets covered. Then roll it in the coconut, nuts or chocolate chips.
5. Repeat these steps with another skewer.