

- Be your own chef for your school lunch. Choose healthful foods that fuel your body.
- Pack bright and colorful fruits and vegetables with hearty healthy nuts and seeds.

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

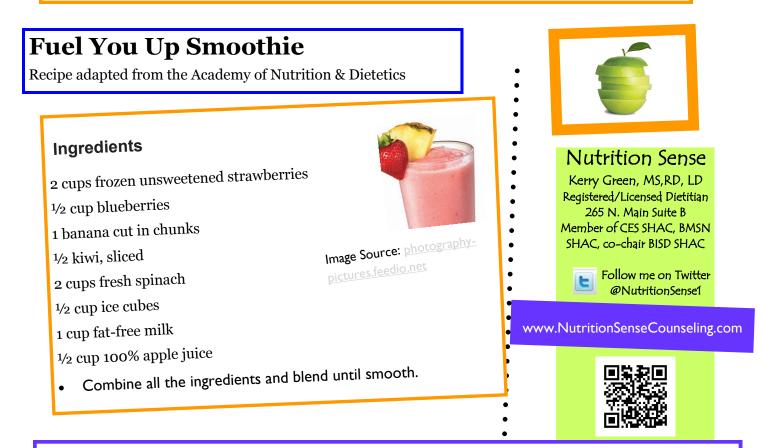


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Super Snacks

Snacks are a healthy way to provide nutrients in between meals and are important for proper growth and nutrition. Each snack should be balanced and include protein, carbohydrates, and healthy fats.

Below are some quick and easy snack ideas!



Easy Snack Ideas

- Whole wheat pita chips (1 ounce) and hummus (2 tablespoons)
- Low-fat cheddar cheese tortilla wraps: Warm shredded low-fat cheddar cheese (1/4 cup) on whole wheat flour tortillas for a minute in the microwave. Serve with mild salsa.
- Yogurt parfait: layer low-fat Greek yogurt (6 ounces), mixed berries (1/2 cup) & granola (1/4 cup)
- Trail mix: Mix 20 almonds, 1 mini-box of raisins or cranberries & 1/4 cup of sunflower seeds
- Pack non-perishable food in small sealable bags and refrigerate for grab
 -n-go in the morning.
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