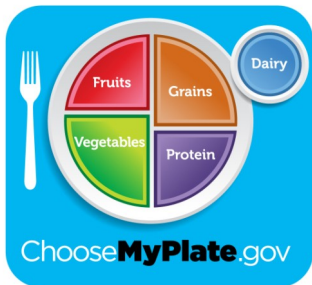




# Healthy Lunches & Snacks for Middle School Students



## Tips for packing lunch for your middle schooler!



- 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 kids be the chef of their lunches. Have the kids choose healthy 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.
- Use cookie cutters to make fun sandwich shapes.

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

### English Muffin Pizzas

- 1 Whole Wheat English muffin
- 1/4 cup tomato sauce
- 1/4 cup Mozzarella cheese
- 2 ounces reduced-fat pepperoni
- 1/4 cup vegetables (your choice)

Toast the English muffins until crispy. Top with sauce, cheese, pepperoni and veggies. Heat in microwave until cheese is melted.

### Fruit Frenzy

- Choose fresh fruits that are in season to save on costs and ensure fresh flavor.
- Choose fruit cups that are packed in water or 100% fruit juice.
- Avoid using fruit juices or fruit-flavored beverages as these are typically high in sugar.

### Berry-Spinach Salad

- 1 cup fresh baby spinach
- 1/4 cup fresh strawberries, sliced
- 1/4 cup blueberries
- 2 tablespoons slivered almonds
- 1 tablespoon balsamic salad dressing

Toss the spinach, strawberries, blueberries & almonds. Drizzle with dressing.

### 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 are great snack ideas that are easy for the kids to prepare.**

### Fruit Smoothie

Recipe adapted from the Academy of Nutrition & Dietetics

#### Ingredients:

- 1 cup low-fat or fat-free milk
- 1/2 cup low-fat vanilla Greek yogurt
- 1/2 cup frozen strawberries
- 1/2 banana
- 1 tablespoon ground flaxseed



#### Directions:

Place all ingredients in the blender and mix until smooth.

Image Source: [www.pageresource.com](http://www.pageresource.com)



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### Easy Snack Ideas

- Whole wheat pita chips (1 ounce) and hummus (2 tablespoons)
- Peanut butter (2 tablespoons) & reduced-sugar jelly (1 tablespoon) on whole wheat bread (2 slices)
- 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



Image Source: [www.ladiescn.com](http://www.ladiescn.com)