



Packing a good-tasting and filling school lunch

Follow the division of responsibility in feeding

- Pack a variety. Choose something from each of the four main lists, if you can.
- Pack food your child eats. When you pack something new, also include something familiar.
- Pack enough so your child can get filled up. Choices from the sweets and extras box will help.
- Use the food ideas to get you started, then look for your own. Ask other parents. Look on the web.
- Consider getting an insulated food jar so you can pack soups, meats, and casseroles.
- Let your kids choose what and how much to eat from what you provide.
- Let your kids trade with other kids.
- Encourage your school to have a share shelf so kids can trade or get more food if they need it.
- Encourage the school to provide hard-to-pack extras such as dips for fruits and vegetables, ketchup, caramel sauce, Ranch dressing, butter.

1. Grain products; Breads and cereals

- Crackers and pretzels: saltines, snack crackers, oyster crackers, rice crackers
- Muffin, mini-muffins
- Goldfish crackers, cheddar bunnies
- Bagels, mini-bagels, bagel chips
- Banana bread, zucchini bread
- Rice or rice crackers
- Cooked rice, pasta, couscous, quinoa, barley
- Granola or cereal bars
- Dry cereal
- Hot dog or hamburger buns
- Pita bread, tortilla, chapatti, naan
- Pancakes, toaster waffles, biscuits

2. Meat and alternatives: Protein source

- Leftover meat, poultry, or fish
- Leftover pizza, soup, casseroles
- Peanut/nut/seed butter, Nutella
- Nuts and seeds
- Deli meats
- Canned tuna, salmon
- Cooked beans, refried beans, chick peas, lentils
- Tofu, edamame
- Hard boiled eggs, scrambled eggs
- Tacos, burritos, quesadillas, tostadas
- Pot stickers
- Cheese cubes, slices, sticks, strings
- Cottage cheese
- Yogurt cups, tubes, drinks

3. Fruits and vegetables

- Apples, oranges
- Peaches, plums, nectarines, pears
- Strawberries, blueberries, raspberries
- Cherries, grapes, bananas
- Pineapple, canned or fresh
- Mango, kiwi
- Melon chunks: watermelon, cantaloupe
- Canned peaches, pears, pineapple, Mandarin oranges
- Applesauce
- Salad – lettuce, spinach, kale
- Carrot sticks, cucumber slices, celery sticks
- Cherry tomatoes, pepper strips
- Broccoli, cauliflower
- Sugar snap peas, frozen peas

4. Something to drink

- Milk
- Fortified soy beverage
- 100% fruit juice
- 100% vegetable juice
- Water

5. Sweets & extras

- Cookies, baked dessert bars, cupcakes candy
- Pudding cups
- Raisins, prunes, otherdried fruit
- Potato chips
- Tortilla chips, Sun chips, Cheetos
- Pickles, olives