

LOADING UP THE LUNCHBOX

Use this list to help you shop for and pack a healthy lunch for your child.

MAIN COURSE (grain + protein)

- Cheese + Crackers + Meat
- Grilled chicken strips + Pita
- Ham + Cheese sandwich
- Muffin + Hard boiled egg
- Nuts + Cereal trail mix
- Peanut butter + Jelly sandwich
- Rice + Beans
- Tuna + Crackers
- Turkey + Cheese pinwheels
- Whole wheat tortilla chips + Hummus

VEGETABLES (1 serving)

- Baby carrots + Fat-free dressing
- Broccoli
- Cauliflower
- Celery + Peanut butter
- Cherry tomatoes
- Cucumber slices
- Pickles
- Red or yellow peppers
- Side salad
- Snap peas

FRUIT (1 serving)

- Apple slices
- Applesauce
- Bananas
- Blueberries
- Canned pears
- Grapes
- Mixed fruit
- Orange
- Raspberries
- Strawberries

SNACK (focus on dairy, if no milk)

- Pudding
- String cheese
- Yogurt
- Banana bread
- Dried fruit
- Fruit bars
- Gelatin

DRINK

- 100% juice
- Milk
- Water



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