

## Quick and Healthy School Lunch Box and Snack Suggestions

There are 3 important aspects to packing a healthy lunch or snack for your Preschool or Kindergarten student.

### **VARIETY. . .**

Is the key to eating healthy.  
Choose foods with color and foods with varied shapes and textures.  
Fruits, veggies, cheeses and meats provide many essential vitamins and nutrients young children need.



### **SERVING SIZE. . .**

Provide portions that are appropriate and manageable for a young child.  
Provide easy to open, small containers.  
Instead of a whole sandwich, pack one half.  
One half cup of most foods is an adequate serving for children.



### **CHOICE. . .**

Ask your child to help. Choose a fruit or veggie selection and a protein such as peanut butter, yogurt, cheese or meat. Whole grain crackers or bread, milk or 100% fruit juices are excellent choices. Limit sweet treats to one choice. One cookie or a bag of fruit snacks is plenty.

For simple and fast lunchbox and snack food suggestions for school, refer to the back of this page.

Quick and nutritious lunch box and snack suggestions include the following:

- For variety, you could roll up meats, cheeses, and veggies into a tortilla or stuff them into a pita pocket.
- Cut up carrot sticks and include a little Tupperware container of ranch dressing, hummus, or veggie dip.
- Fresh fruit - apples, oranges, tangerines, nectarines (easy, easy).
- Protein or nutrition bars (pricey) or granola bars.
- Instead of one boring sandwich, pack four little sandwiches.
- Juice box or pouch.
- Applesauce (no sugar).
- Low fat pudding.
- Cheese cubes or string cheese.
- Add a small baggie of trail mix, mixing their favorite cereal, nuts, and raisins.
- Hard-boiled eggs.
- Dried fruit is readily available at the supermarkets, and make excellent lunchbox food. Dried fruit like apricots, cranberries, raisins, and mangos are both yummy and sweet.
- Put a taco shell and a few small containers of things like chopped tomatoes, cooked meat, cheese, or chopped lettuce and let your child's lunch be make-your-own tacos.
- Bags of mini muffins, rice cakes, pretzels, graham crackers, cookies, and other crackers also make good lunchbox treats. Cut up fruit and baked chips are now pre- packaged and ready to pop in the lunchbox, as well.

#### **Dietary Reference Intakes and Dietary Allowances For Children ages 4 to 8 years**

Calories	1400 to 1700 per day
Calcium	800 mg per day
Iron	10 mg per day
Vitamin C	25 mg per day
Vitamin D	5 micrograms per day
Protein	19 grams per day
Fats	20 to 30 percent of daily calories, 7 percent from saturated fats

\*Dietary Reference Intakes for Children, 2004.