

Pack a Punch in Your School Lunch

Packable Proteins		Portable Vegetables			Lunchable Breads, Crackers and Grains		
Grilled chicken—cubes, fingers	Chicken legs	Carrot sticks	Red, yellow and green pepper sticks		Crunchmaster seed crackers	Whole wheat bagel thins	Whole wheat pita
Almonds, cashews, walnuts, pecans	Shrimp	Cucumber sticks	Lettuce leaves for lettuce wraps		Triscuits	Whole wheat sandwich thins	Gluten Free wraps or bread
Natural almond, cashew or sunflower seed butters	Deviled eggs	Zucchini and Squash sticks	Jicama		Bread sticks	Oat bread	Rye bread
Plain or vanilla Greek yogurt (add your own fresh fruit)	Meatballs	Raw broccoli	Salad greens		Homemade or high quality store bought granola (ex. Udi's Natural Granola)	Whole wheat or gluten free English muffins	Whole wheat bread—high quality, no HFCS
Homemade chicken salad	Tofu	Ziptop bag filled with mixed greens	Cherry tomatoes				
High quality, clean luncheon meat—turkey, ham or roast beef	Boiled eggs	Roasted vegetables from dinner the night before			Gluten Free oat or rice crackers	Flatbreads (made with quality ingredients—no trans fat or HFCS)	Whole grain soft pretzels (large)
High quality, clean turkey or beef jerky (buy at health food store—not Slim Jims)	Beans	Fruit (fresh or frozen) Canned or dried are ok if no sugar is added. Avoid fruit sweetened with artificial sweeteners.					
Natural peanut butter (peanuts and salt only)	Turkey sausages	Cherries	Blackberries	Cantaloupe cubes	Sweet Treats (optional)		
Cheese sticks or Babybel cheese balls	Edamame	Banana	Apple slices	Grapes (domestic not imported)			
Thermos Foods—Soups or entrees from previous night's dinner, chili, Sloppy Joe's or spaghetti sauce	Roasted soy or garbanzo beans	Watermelon cubes	Clementine mini oranges	Fresh pineapple spears	Trail mix with dark chocolate chips		Dark chocolate covered nuts
Dips and Dressings (optional)		Strawberries	Figs	Dates	Cocoa dusted nuts		Healthy Granola Bar
Trader Joe's Spinach and Kale Greek Yogurt Dip		Nectarine	Blueberries	Raisins or other dried fruit (without added sugar)	70% or higher dark chocolate		High quality dark chocolate chips
High quality ranch dressing		Dried cranberries without High Fructose Corn Syrup (HFCS)			Dark chocolate covered blueberries, cherries or pomegranate		
Bone Suckin Sauce							
Organic ketchup							
Flavored Balsamic Vinegars (ex. Vanilla or Fig)							