

## SCHOOL LUNCH IDEAS

For many of you it is “back-to-school” week this week or very soon, and that means School Lunches. Most school lunches run close to 700-1000 calories a meal (sounds pretty close to a trip to Mc Donald’s):

For example: Hamburger, Fries, chocolate chip cookie, 2% milk = 750 kcals  
Chicken nuggets, mashed potatoes w/ gravy, roll and orange slices = 950 kcals  
Sub sandwich, chips, pears, 2% milk = 935 kcals  
2 slices of pizza, 2% milk = 700 kcals

As you can see, sending a school lunch along with your child (even the teens) makes a big difference. But, what to send?? Some kids (and adults!) like the same thing day after day. Nothing wrong with that!! Others like variety. Some ideas that have worked for others:

Half-sandwiches or “wrap” sandwiches made with small low-fat tortillas: turkey, ham, low-fat cheese, tuna or egg salad with small amount of low-fat mayo/celery/relish, lightly spread peanut butter and jelly

Leftover chicken, chili, soup, spaghetti with meat sauce, tuna macaroni salad w/ low-fat mayo, burrito or slice of pizza (many will eat them cold)

\_ whole wheat bagel with 2T. pizza sauce and 1 oz. mozzarella

\_ whole wheat bagel with 2T. low-fat cream cheese

1 small whole wheat tortilla with 1 oz melted low-fat cheese (quesadilla)

Low fat or non-fat yogurt

Fresh veggies (carrots, cucumbers, peppers, baby tomatoes) with 2 T. low-fat or non-fat ranch dressing

Celery with 2 T. of peanut butter or low-fat cream cheese

Carrot-raisin salad with pineapple chunks

Fruit leather

5 whole wheat crackers and 1 slice/1 oz of low-fat cheese

2 graham crackers with 1 T. peanut butter

8 animal crackers and small to-go serving of low-fat or non-fat pudding

Low fat chips or pretzels

Cut-up and easy to eat fruit

Bottle of water, Propel, or newly available no-sugar kool-aid Jammers and other alternative no-sugar drinks.