



Pack Your Kids A Better Lunch!

Bag-lunch ideas that require no refrigeration:

1. String-cheese sticks
Orange wedges
Whole-wheat carrot muffins
2. Whole grain bagel spread with cream cheese (you may want to try mini bagels for the little ones)
Sugar snap peas
Box of raisins
3. Tortilla rolled up with a slice of your child's favorite cheese
Fresh green beans
Small tangerines
4. Banana bread spread with apple butter or soy nut butter and a little honey
Cucumber slices
Melon cubes
5. Cream cheese and apple butter on whole-grain bread
Veggie mix (baby carrots, snap peas)
Dried apricots
6. Half of a pita stuffed with shredded carrot and mild cheese
Individual fruit cup or applesauce combination

***Use the following ideas to mix and match.
Select one from each group.***

Bread:

- Whole-wheat pita (either small individual size or half of a regular-size)
- Muffin
- Quick bread (banana, pumpkin, apple, etc.)
- Whole-wheat bun
- Whole grain bagel
- Whole – wheat wrap
- Raisin bread
- Corn tortilla or whole-wheat tortilla

Fillings:

- Roasted soy butter or with (pick one) honey, banana, jelly, shredded carrot, raisins
- Cream cheese or with (pick one) jelly, apple butter, shredded veggies
- Mild cheese such as Mozzarella, Colby or Muenster
- Hummus

Veggies:

- Baby carrots or carrot sticks
- Fresh green beans
- Sugar snap peas
- Cucumber coins
- Broccoli or cauliflower tops with a packet of Ranch dressing
- Zucchini sticks
- Grape tomatoes



Fruits:

- Half or a small banana
- Small apple
- Orange wedges
- Raisins or other dried fruits
- Fresh pineapple chunks or drained from a can
- Individual applesauce or fruit cup, look for “no sugar added” variety
- Melon or mango cubes

Drinks:

- Water bottle
- Seltzer
- 100% fruit juice box
- Low-fat or fat free milk box
- Soy or rice milk box



Adapted from Sue Gilbert, M.S. “Ask the Nutritionist”

<http://food.ivillage.com/quickeasy/lunch/0,,4k1,00.html>

For more ideas visit www.rocklandsteps.org



C.SCOTT VANDERHOEF
County Executive

JOAN FACELLE, M.D.
Commissioner of Health

www.co.rockland.ny.us/health/

