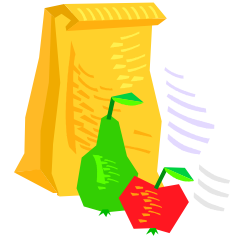


# Create A Power Packed Lunch!

***Bag-lunch ideas that require no refrigeration:***



1. Packaged string-cheese  
Orange wedges  
Whole-wheat carrot muffins
2. Whole grain bagel spread with cream cheese (try mini bagels, too)  
Sugar snap peas  
Box of raisins
3. Tortilla rolled up with a slice of your favorite cheese  
Fresh green beans  
Small tangerines
4. Banana bread spread with apple butter or soy 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 your favorite cheese  
Individual fruit cup (packed in natural juice) or applesauce combos.

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

***Bread:***

- Whole-wheat Pita
- 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 slices
- Broccoli or cauliflower tops with a packet of Ranch dip
- Zucchini sticks
- Grape tomatoes



### ***Fruits:***

- Banana
- Apple
- Orange wedges
- Raisins or other dried fruits
- Fresh pineapple chunks or pineapple chunks drained from a can
- Individual fruit cups, applesauce or applesauce combinations, go for “no sugar added” varieties.
- Melon or mango cubes

### ***Drinks:***

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



For more ideas visit [www.rocklandsteps.org](http://www.rocklandsteps.org)



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[www.co.rockland.ny.us/health/](http://www.co.rockland.ny.us/health/)

