

# Snack & Lunch Ideas

## Hot Meals

whole grain pasta with cheese, or tomato sauce, pesto or olive oil & parmesan cheese



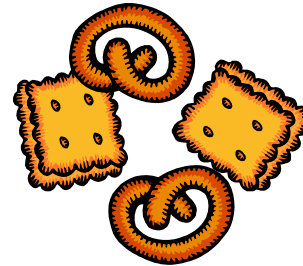
## Combination Foods

sandwiches containing cold cuts, tuna fish, egg salad, hummus, cheese or peanut butter  
whole grain crackers with cheese or peanut butter



## Munchies

pretzels  
rice cakes or soy crisps  
nuts  
Multi-grain low sugar cereals (<5 grams sugar/serving)  
Trail mix (dried fruit with nuts and seeds, corn chips)

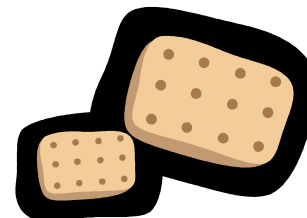


## Grains

whole grain crackers  
multigrain breads, bagels or pita with nut butter, hummus, or cheese

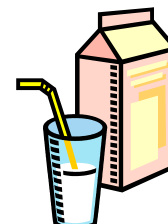
## Low Fat Cookies

Trader Joe's:  
School House Cookies  
Dino Cookies  
Kitty Kat Chocolate Cookies  
Graham crackers or sticks  
animal crackers



## Drinks

water  
milk  
calcium enriched soy, rice, or hemp milk  
Vegetable juices



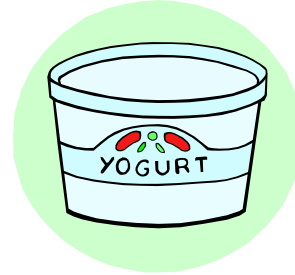
# Snack & Lunch Ideas

## **Dairy**

cottage cheese  
cheese slices with apple or pear slices  
shakes made with yogurt or milk and fruit  
fat-free pudding

## **Yogurt:**

plain yogurt with fruit  
kefir



## **Fruit**

### **Fresh Fruit:**

peaches, plums,  
nectarines, blueberries, raspberries, straw-  
berries, bananas, apples,  
oranges, tangerines, pineapple,  
Watermelon, sliced grapes.

### **Dried Fruit:**

apricots, raisins, mango, pears

### **Canned Fruit:**

canned fruit packed in juice  
(no sugar added)  
unsweetened Applesauce

### **Frozen Fruit:**

use for frozen shakes



## **Vegetables**

cherry or grape tomatoes, sliced  
cucumber slices  
red, yellow, or green red pepper  
cut into sticks  
celery stuffed with peanut butter  
steamed broccoli, green beans, or  
sugar peas with low fat dip



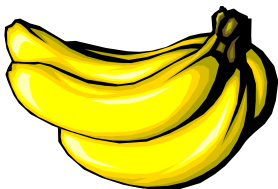
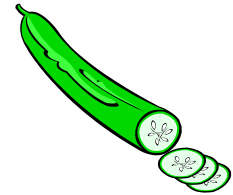
# Sample Lunches

whole wheat tortilla  
bean spread  
avocado  
peach slices  
4 ounces milk



whole grain macaroni & cheese  
cooked baby carrots  
orange slices  
4 ounces Milk

1/2 cup Yogurt  
fruit pieces  
brown rice  
cooked broccoli  
tofu  
4 ounces milk



2 Tbsp. Hummus  
tomatoes & cucumber slices  
Whole wheat pita bread  
4 ounces yogurt  
fruit slices  
4 ounces milk

# Sample Menu

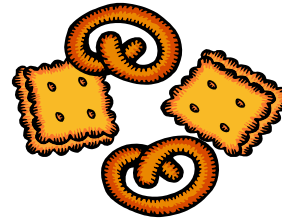
## BREAKFAST

whole grain cereal or oatmeal  
fruit  
4 ounces milk



## SNACK

fruit  
4 oz yogurt



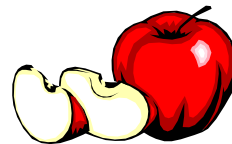
## LUNCH

whole grain pasta with tomato sauce  
ground Turkey  
cooked carrots  
apple slices or small pieces  
4 ounces milk



## SNACK

fruit  
Whole grain crackers  
hummus  
4 ounces milk



## DINNER

chicken  
brown rice  
squash  
4 ounces milk  
Fruit slices

