



BUILDING A HEALTHY SCHOOL LUNCH

Choose an item from each group to make packing a healthy lunch easy!

A well-balanced lunch will include a main dish/protein source, organic veggies and fruits, and a (optional) healthy treat. Using this template will take some of the creative work out of building a lunch and provide a structure that's easy to fill with foods you know your child will enjoy.

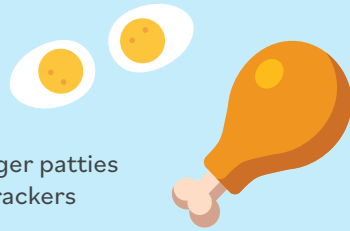


Start with the Right Ingredients:

- Choose organic whenever possible.
- Help your child avoid their food allergies.
- Try to avoid refined white flour and white sugar.
- Buy whole gluten-free grains like quinoa, brown rice, and millet.
- Try to include more veggies than fruit.

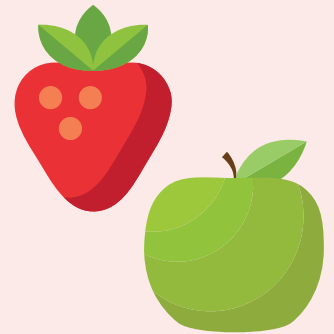
MAIN DISHES / PROTEINS

- Homemade meatballs
- Hard boiled eggs
- Chicken strips
- Turkey, chicken, or beef burger patties
- Hummus with gluten-free crackers
- Lettuce wraps
- Nitrate-free bacon or sliced turkey or ham
- Lunch meat wraps (lunch meat wrapped around apple and cheese slices)
- Peanut butter and banana roll-ups
- Tuna salad, egg salad, or chicken salad
- Avocado chicken salad
- Chili
- Quinoa or gluten-free pasta salad with beans and veggies
- Protein kabobs: layer cubes of cheese with cubed meat and tomatoes or berries



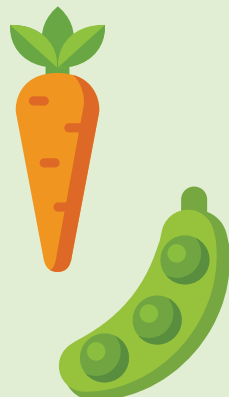
ORGANIC FRUITS

- Strawberries
- Blackberries
- Blueberries
- Raspberries
- Apples
- Oranges
- Mangoes
- Grapes
- Pears
- Kiwi
- Melon
- Pineapple
- Dried apricots
- Dates



ORGANIC VEGETABLES

- Carrots
- Broccoli
- Cauliflower
- Bell peppers
- Peas and pea pods
- Jicama
- Green beans
- Celery
- Cucumbers
- Cherry tomatoes



HEALTHY TREATS

- Trail mix
- Homemade granola or granola bars
- Chips and salsa/guacamole
- Gluten-free crackers, rice cakes, or pretzels
- Popcorn
- Homemade gluten-free muffins or baked goods
- Peanut butter/nut butter for dipping fruit
- Small piece of organic chocolate
- Full-fat yogurt or dairy-free yogurt



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