

HEALTHY KIDS PACK A LUNCH!

GO! FOODS

These healthy foods are great any day!



Apples, oranges
Pears, nectarines
Bananas, plums
Grapes
Celery sticks
Snap peas
Broccoli
Carrot sticks

Lean lunch meats

Whole grain crackers
Natural peanut butter
No-sugar-added cereal
Whole wheat bread or bagel
Nuts and raisins or trail mix
Baked chips, popcorn
Mozzarella cheese stick



Low-fat cottage cheese
Low-fat yogurt
Natural cheese
Soymilk
Water

Non-fat or 1% milk

Graham crackers

SLOW.. FOODS

These unhealthy foods can be offered occasionally.

Fruit Snacks, Fruit Roll-ups

French fries

Lunchables

Pizza pockets

Pizza bagels

Spam



Cookies, candy bars

Hot dogs, corn dogs

Salami

Bologna

Whole milk, chocolate milk

Ranch dressing

Chicken nuggets

Fish sticks

Go-gurt

Fried foods

Fruit juice

Sunny Delight

Capri Sun, soda

