Title
The Healthy Brown Bag: 15 Lunches for School-Aged Children

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## The Healthy Brown Bag
### 15 Lunches for School-Aged Children

<table>
<thead>
<tr>
<th>Low-fat cheese slices</th>
<th>Bean and cheese burrito</th>
<th>Mini pita rounds with hummus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole wheat crackers</td>
<td>Salsa</td>
<td>Baby tomatoes</td>
</tr>
<tr>
<td>Kiwi</td>
<td>Pear slices</td>
<td>Canned pineapple (in own juice)</td>
</tr>
<tr>
<td>Baby carrots</td>
<td>Animal crackers</td>
<td></td>
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<tr>
<td></td>
<td></td>
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</tr>
<tr>
<td>Low-fat yogurt</td>
<td>Shake and Serve salad</td>
<td>Peanut butter and jelly</td>
</tr>
<tr>
<td>Pretzel sticks</td>
<td>Breadstick crackers</td>
<td>sandwich (½)</td>
</tr>
<tr>
<td>Green grapes</td>
<td>Low-fat dressing</td>
<td>Snap peas</td>
</tr>
<tr>
<td>Almonds (¼ c)</td>
<td>Orange wedges</td>
<td>Tangerine or mandarin</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bagel (½)</td>
<td>Pasta salad with chicken</td>
<td>Turkey wrap with lettuce</td>
</tr>
<tr>
<td>Peanut butter (2 Tbsp)</td>
<td>Tomato wedges</td>
<td>Strawberries</td>
</tr>
<tr>
<td>Cucumber rounds</td>
<td>Pear</td>
<td>Broccoli with Low-fat</td>
</tr>
<tr>
<td>Raisins</td>
<td></td>
<td>ranch dressing</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>*English muffin pizza</td>
<td>Unsweetened ready-to-eat cereal</td>
<td>Ham sandwich with lettuce</td>
</tr>
<tr>
<td>Dried fruit (¼ c)</td>
<td>Low-fat milk</td>
<td>(½)</td>
</tr>
<tr>
<td>Small green salad</td>
<td>Banana</td>
<td>Cantaloupe slices</td>
</tr>
<tr>
<td>Graham cracker</td>
<td>Celery Sticks</td>
<td>Celery sticks</td>
</tr>
<tr>
<td></td>
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<tr>
<td>Roast beef sandwich (½)</td>
<td>*Tuna stacks (with whole wheat crackers and veggies)</td>
<td>Garden salad with hard-boiled egg slices</td>
</tr>
<tr>
<td>Apple wedges</td>
<td>Low-fat cheese cubes</td>
<td>Low-fat dressing</td>
</tr>
<tr>
<td>Sweet pepper slices</td>
<td>Red grapes</td>
<td>Whole wheat crackers</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Watermelon cubes</td>
</tr>
</tbody>
</table>

* Be Safe ~ Pack all lunches in an insulated lunch bag with an ice pack and remind kids to wash their hands before eating lunch!

* See back for easy recipes kids can make on their own and lunch-time beverage suggestions.
English Muffin Pizza

Whole wheat English muffin
¼ c Pizza sauce
½ c Part-skim mozzarella cheese
Your favorite veggies

• Spread pizza sauce over each muffin half.
• Sprinkle cheese over sauce.
• Top cheese with veggies.
• Bake in toaster oven or microwave (45 seconds).
• Prepare the night before and keep chilled.

Shake and Serve Salad

1 Re-sealable bag
1 c Lettuce
¼ c Low-fat shredded cheese
Shredded carrots or other veggies
Low-fat dressing

• Mix ingredients together in re-sealable bag.
• Place dressing in a separate container to add at lunchtime.
• At lunch, add dressing to salad and shake.
• Don’t forget your fork! Enjoy!

Be Healthy

Choose low-fat or fat-free mayonnaise for sandwiches.

Healthy Lunchtime Drinks

Low-fat or fat-free milk, water, and 100% fruit juice

Choose dairy products that are low in fat (milk, cheese and yogurt) for healthier lunches.

For easy tuna stackers, alternate tuna and veggies on whole wheat crackers!
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