1. ½ turkey sandwich  
   Carrot sticks  
   ½ banana  
   Water
2. Celery with peanut butter  
   2 graham cracker squares  
   Cantaloupe slices  
   Low-fat milk
3. Low-fat cheese strips  
   6 whole-wheat crackers  
   Tomato wedges  
   Oatmeal raisin cookie  
   100% grape juice
4. Ham strips  
   Small bran muffin  
   Pineapple tidbits  
   Low-fat milk
5. Cheese pizza wedge  
   (small)  
   Snow peas  
   100% apple juice
6. ½ peanut butter and banana sandwich  
   Broccoli florets  
   Low-fat milk
7. ½ tuna sandwich  
   Cucumber circles  
   Strawberries  
   Low-fat milk
8. Mini pita with hummus and lettuce  
   Orange wedges  
   Animal crackers  
   Low-fat milk
9. Low-fat cottage cheese  
   Pineapple chunks  
   Bread sticks  
   Zucchini rounds  
   Water
10. Homemade trail mix  
    (recipe on page 2)  
    Red bell pepper strips  
    Low-fat milk
11. Bean and cheese burrito  
    Cherry tomatoes (cut in half)  
    Peach slices  
    Water
12. Baked chicken thigh  
    Graham crackers  
    Kiwi slices  
    Low-fat milk
13. ½ roast beef sandwich  
    Small green salad  
    (with low-fat dressing)  
    Grapes (cut in half)  
    Low-fat milk
14. Leftover casserole  
    Baby carrots  
    ½ pear  
    Low-fat milk
15. Unsweetened, ready-to-eat cereal  
    Broccoli florets  
    Tangerine  
    Low-fat milk

SHIRLEY PETERSON, Nutrition, Family, and Consumer Sciences Advisor, University of California Cooperative Extension, San Luis Obispo County.

**Be Safe:** Pack all lunches in an insulated lunch box or bag with a frozen ice pack.
Homemade Trail Mix

½ cup toasted oat cereal
2 tablespoons raisins or chopped dried fruit
1 tablespoon sunflower seeds (without shells)
5 pretzel sticks

Place all ingredients in a small, plastic zipper bag. Seal the bag and shake.

Add More Variety

Pack interesting sandwiches for your child’s lunch by using different types of breads and fillings. Cut sandwiches into fun shapes using a cookie cutter or these ideas:

Reduce Fat

Cut down (but don’t eliminate) fat in your child’s diet by choosing

- low-fat and fat-free dairy products (milk, cheese, yogurt)

- lean meats, poultry, and fish (prepared with no added fat)
- tuna packed in water
- low-fat or fat-free mayonnaise
- fat-free snacks like pretzels

Reduce Added Sugar

Pack a healthier lunch by choosing foods with little or no added sugar.

<table>
<thead>
<tr>
<th>Use</th>
<th>Instead of</th>
</tr>
</thead>
<tbody>
<tr>
<td>fresh fruit</td>
<td>fruit bits, fruit snacks, fruit rolls</td>
</tr>
<tr>
<td>100% fruit juice</td>
<td>fruit drinks</td>
</tr>
<tr>
<td>fruit canned in juice</td>
<td>fruit canned in syrup</td>
</tr>
<tr>
<td>unsweetened ready-to-eat cereal</td>
<td>presweetened ready-to-eat cereal</td>
</tr>
</tbody>
</table>

Tip: Keep cut fruit from turning brown by dipping it in pineapple juice before you pack it in the lunch.
More Information

The Lunch Box is a series of handouts designed for parents who pack lunches for their preschool children. The goal of these handouts is to assist parents in packing lunches that are nutritious, safe, and appealing for preschool children.

The author acknowledges the cooperation of the San Luis Obispo County preschools that assisted in the development of the Lunch Box program. This program was made possible by funds received from the First 5 Commission of San Luis Obispo County.

You will find related information in these titles and in other publications, slide sets, CD-ROMs, and videos from UC ANR:

- Children and Weight: What's a Parent to Do?, DVD 6524D
- EatFit Teacher’s Curriculum, Publication 3424
- Fit Families Novela Series, Publication 3496

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