

# Healthy Brown Bag Lunches

5 OR MORE  
FRUITS &  
VEGETABLES

## MONDAY

- ½ cup low-fat cottage cheese
- 10 – 15 whole wheat crackers with 1– 2 tbsp. almond, peanut or sunflower seed butter
- Assorted vegetables (e.g. tomatoes, sweet peppers, carrots, broccoli, etc.)
- Tea, coffee or water (caffeine-free for kids)

## TUESDAY

- ½ large or 1 mini whole wheat bagel
- 1– 2 tbsp. almond, peanut or sunflower seed butter
- Apple or banana
- 6 oz. low-fat, low-sugar yogurt
- Tea, coffee or water (caffeine-free for kids)

## WEDNESDAY

- 6-inch whole wheat tortilla with 2 – 3 oz. turkey
- 1 oz. low-fat cheddar cheese
- 2 tbsp. hummus and assorted vegetables (e.g. tomatoes, sweet peppers, carrots, broccoli, sugar snap peas, etc.)
- Grapes
- 8 – 10 whole wheat pita chips or multi-grain tortilla chips
- Tea, coffee or water (caffeine-free for kids)

## THURSDAY

- Burrito made with ½ cup black beans, ½ cup brown rice, salsa and 2 tbsp. low-fat plain Greek yogurt on a 6-inch whole wheat tortilla (feel free to add any other vegetables you like on burritos like lettuce, onion and peppers, too)
- Orange
- Tea, coffee or water (caffeine-free for kids)

## FRIDAY

- 3-4 ounces grilled chicken on salad greens with assorted vegetables (e.g. tomatoes, sweet peppers, carrots, broccoli, sugar snap peas, etc.)
- 1 oz. feta cheese and 1– 2 tbsp. oil-based or light creamy dressing
- 3 cups air-popped popcorn
- Tea, coffee or water (caffeine-free for kids)

See the next page for a shopping list!



## SHOPPING LIST

- Lean, low-sodium deli turkey
- Raw vegetables of your preference (e.g. tomatoes, sweet peppers, broccoli, sugar snap peas, etc.)
- 6-inch whole wheat tortillas
- Hummus
- Grapes
- Low-fat cottage cheese
- Whole wheat crackers (low-sodium)
- Whole wheat bagels (large or mini size)
- Almond or peanut butter
- Apples or bananas
- Low-fat, low-sugar yogurt (look for 20g of sugar or less per serving)
- Brown rice
- Black beans
- Salsa
- Low-fat plain Greek yogurt
- Orange
- Chicken
- Salad greens
- Feta cheese
- Oil-based or light creamy dressing
- Air-popped popcorn