

# Healthy Snacks & Lunches for K-5

## Snacks:

- ½ cup cut fruit or 1 whole fruit
- Applesauce with cinnamon
- Zucchini Muffin
- Carrots with 2 tbs hummus
- *Fruit Kabobs*
  - Skewer five pieces of fruit onto a wooden stick
- Plain, nonfat Greek yogurt mixed with ¼ cup strawberries and a ¼ cup blueberries
- 1 hard-boiled egg
- 1 Laughing Cow cheese with 10 whole-grain crackers
- 4 oz. nonfat pudding
- ½ cup bell pepper slices with 2 tbs hummus
- Part-skim String cheese
- 1 cup of plain popcorn
- 10 whole-grain animal crackers



## Lunches:

- *Tortilla Pizzas:*
  - 2 small whole wheat tortillas topped with 1 tbs salsa and 1 tbs shredded cheese each, melted
- ½ cup tossed salad with 1 tsp salad dressing with ¼ cup quinoa
- ½ cup whole grain pasta with 1 tbs sauce and ¼ cup veggies
- Whole grain bread with 1 tsp mayo, ¼ cup lettuce, ¼ tomato, and ¼ avocado
- Whole grain bread with ½ can tuna and ¼ cup lettuce
- *Pretzel Kabobs:*
  - Ham, turkey, and cheese rolled up and skewered with thin pretzel sticks
- Peanut butter (or Sunbutter/Wowbutter) and jelly on whole-grain bread
- 2 mini pita pockets stuffed with 1 grilled chicken strip and ¼ cup veggies each

## Beverages:

- 1 6 oz. serving of 100% fruit juice per day
- 1 8 oz. serving of low-fat milk
- Water



# Healthy Snacks & Lunches for Middle Schoolers

## Snacks:

- ½ cup cut fruit or 1 whole fruit
- Blend 1 banana and ¼ cup blueberries with ½ cup Greek yogurt
- Plain, nonfat Greek yogurt mixed with ¼ cup strawberries and a ¼ cup blueberries
- 1 hard-boiled egg with baby carrots
- 2 cups plain popcorn
- 1 Laughing Cow cheese with 10 whole-grain crackers
- Carrots with 2 tbs hummus
- ½ cup cottage cheese with ½ cup carrots and snow peas
- ¼ cup crunchy vegetables dipped into ¼ cup salsa mixed with ¼ cup refried beans
- ½ cup celery filled with ¼ cup low-fat cream cheese or 2 tbs nut butter and raisins
- 2 whole grain graham crackers smeared with 1 tbs nut butter each topped with ½ banana each
- Unsweetened applesauce with cinnamon
- Part-skim string cheese and a piece of fruit



## Lunches:

- ¼ cup egg salad scooped into a lettuce “bowl”
- Whole grain bread with ¼ cup low fat cream cheese and a ¼ cup sliced strawberries
- *Pizza Roll-Ups:*
  - Whole grain tortilla with 1 tbs pizza sauce 1 tbs shredded cheese, ¼ cup cucumber, and ¼ cup cauliflower florets
- *BBQ Chicken Sandwich:*
  - 1 whole wheat bun with ½ grilled chicken breast tossed with 1 tbs BBQ sauce topped with ¼ cup lettuce and ¼ cup shredded carrots
- Whole grain tortilla with 2 slices turkey breast, ¼ cup fresh corn kernels, 2 slices tomatoes, ¼ lettuce, 1 tbs shredded cheese, and 1 tbs honey mustard
- ½ cup couscous with ½ chicken breast and ¼ cup veggies
- ½ cup whole grain pasta with 1 tbs sauce and ¼ cup veggies

## Beverages:

- 1 6 oz. serving of fruit juice per day
- 1 8 oz. serving of low fat milk
- Water or Sparkling Water/Seltzer



# Healthy Snacks & Lunches for High Schoolers

## Snacks:

- ½ cup cut fruit or 1 whole fruit
- 1 Babybell cheese with 10 whole grain crackers
- Carrots with 2 tbs hummus
- ½ cup cottage cheese with ½ cup carrots and snow peas
- ¼ cup crunchy vegetables dipped into ¼ cup salsa mixed with ¼ cup refried beans
- Toss 1 banana and ¼ cup blueberries with ½ cup Greek yogurt
- Plain, nonfat Greek yogurt mixed with ¼ cup strawberries and a ¼ cup blueberries
- 1 hard-boiled egg
- Part skim string cheese
- Granola Bar (like Laarabar)
- 1 tbs dry roasted peanuts mixed with 2 tbs dried cranberries
- 1 cup raspberries with 2 tbs plain yogurt and 1 tsp honey
- 18 fat free pretzels with 1 tbs nut butter
- 1 cube hard cheese (like gouda) with 6 dried apricot halves
- ½ cup sliced cucumber with 1 Laughing Cow Cheese



## Lunches:

- 1 cup tossed salad with 1 tbs dressing and ½ grilled chicken breast
- 1 whole grain pita pocket with low fat chicken salad, ¼ cup tomatoes, and ¼ cup lettuce
- Whole grain tortilla with 2 slices turkey breast, ¼ cup fresh corn kernels, 2 slices tomatoes, ¼ lettuce, 1 tbs shredded cheese, and 1 tbs honey mustard
- Whole wheat bread with ½ can tuna mixed with 1 tbs mayo topped with ¼ tomato and ¼ avocado
- ½ cup couscous mixed with ½ shallot, 1 tsp olive oil, and 1 tsp garlic with ½ chicken breast
- 8 oz. tomato soup with 1 dollop low fat sour cream
- 3 slices turkey breast with 2 slices mozzarella cheese and ½ cup grapes
- ½ cup brown rice with ½ chicken breast, ¼ avocado, ¼ cup black beans, ¼ cup lettuce and ¼ cup tomatoes with a squeeze of lime juice and 1 tsp of dressing

## Beverages:

- Water or Sparkling Water/Seltzer
- 8 oz. coffee with 2 tbs low fat milk and 1 tsp agave
- 8 oz. low fat milk

