

the Lunch box

HANDOUT E
Publication 8111

15 TAKE-ALONG LUNCHES FOR PRESCHOOL CHILDREN

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

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

Homemade Trail Mix

- ¼ 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.



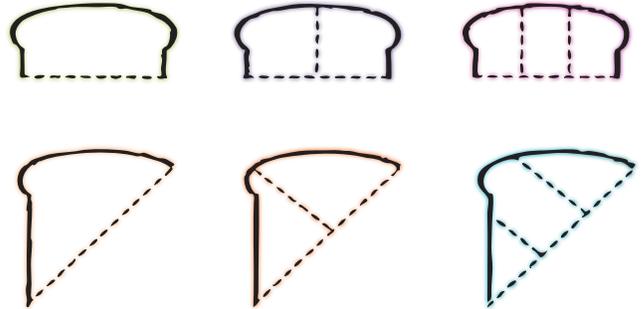
Reduce Fat

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

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 Added Sugar

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

Use

- fresh fruit
- 100% fruit juice
- fruit canned in juice
- unsweetened ready-to-eat cereal

Instead of

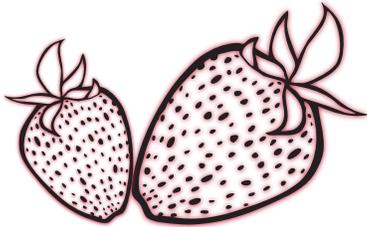
- fruit bits, fruit snacks, fruit rolls
- fruit drinks
- fruit canned in syrup
- presweetened ready-to-eat cereal

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.

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

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EatFit Teacher's Curriculum, Publication 3424

Fit Families Novela Series, Publication 3496

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