

KID APPROVED PACKED LUNCHES

Make healthful packed lunches fun and tasty



- ☺ Plan a lunch menu with your children for the week.
- ☺ Have your children help prepare the lunch.
- ☺ Kids like small things. Make portion sizes small and cut-up food items into small pieces.
- ☺ Make fruit and vegetables easy to eat. Example, peel the orange and pack the separated orange slices.
- ☺ Make lunches fun - Be creative. Example, use a cookie cutter to make sandwich shapes.
- ☺ Take your children shopping and teach them how to choose nutritious foods for their lunch.



Sit down with your child(ren) and together plan lunch menus for the week!

Monday	Tuesday	Wednesday	Thursday	Friday
orange juice	milk	milk	milk	apple juice
apple	orange	grapes	raisins	banana
peanut butter & jelly sandwich	bologna sandwich	peanut butter & jelly sandwich	tortilla chips	cheese sandwich
carrot sticks	celery sticks	carrot sticks	salsa	raw broccoli & cauliflower w/ dip
yogurt	graham crackers	animal crackers	fruit-flavored yogurt	cookies

