

## Appropriate Lunch Items

**1 serving required: Meat or Meat alternate (Protein):** Cheese, egg, ham, peanut butter, yogurt, turkey, bologna, beans

**2 servings required: Vegetable or Fruit:** apples, grapes, bananas, oranges, apple sauce, pears, kiwi, mango, pineapple, any dried fruit, tomatoes, corn, green beans, peas, lima beans, zucchini, cucumber, carrots, spinach, raisins, cranberries, blueberries, any 100% fruit juice. **Inappropriate fruit items: Fruit gummy snacks, fruit rollups, Capri Sun or any box drink that is NOT 100% fruit juice.**

**1 serving required: Bread or bread alternate:** wheat bread, enriched white bread, cereal, granola or granola bars, crackers **Inappropriate grain item: Cookies**

### Suggestions

Lunchables are great because they include meat, cheese, and crackers (which takes care of your grain), then you must remember to include the 2 servings of vegetables or fruits. Smuckers makes a frozen peanut butter and jelly frozen sandwich that thaws out by lunch time. The jelly cannot be included as one of your fruit servings, but the bread does count for your grain. If your child does not like sandwiches, just bag up a lunch meat by itself. Spaghetti O's or Ravioli are good options. That would take care of your meat, grain, and one veggie.

Individual fruit and veggie cups work great. Walmart makes individual portions packages of carrots with ranch dressing, and apples with caramel sauce. Try a different variety of things to broaden your child's horizons. If you would like, include a dipping sauce, like ranch dressing, with it to make it better. We will work with your children and encourage them to try new things.

**Please Note: If you would like to include a small, sweet treat in with their lunch, that is fine, but please ensure that all other components are present in their lunch first.**

**\*IMPORTANT\***

**ALL OF THE UNDERLINED ITEMS ON THIS PAPER MUST BE INCLUDED IN YOUR CHILD'S LUNCH EVERYDAY TO MEET STATE REQUIREMENTS.**