



# Smart Lunches



September 2012

Select one from each category below

## SANDWICH/ENTRÉE/SOUP

Thinly spread peanut butter and jelly sandwich  
 Tuna, turkey, ham, beef, cheese or egg salad sandwich  
 Hummus pita or wrap  
 Chicken noodle or tomato soup  
 Cream cheese sandwich  
 Fish filet sandwiches  
 \*Chopped boiled eggs

Chili  
 Lasagna/spaghetti/ravioli  
 Pizza  
 \*Chicken pasta salad  
 Tortilla with cheese and refried beans  
 Chicken or turkey wrap  
 Black beans and rice

## GRAIN/BREADS

Graham crackers  
 Fish crackers  
 Scones  
 Muffins  
 Biscuits  
 Cornbread

Cereal  
 English muffins  
 Pita bread  
 \*Granola bar  
 Couscous salad  
 Rice

## FRUIT

Whole bananas  
 \*Peeled and sliced peaches, apricots, pears, and plums  
 \*Strawberry quartered  
 Tangerine, orange, or grapefruit sections  
 \*Raspberries  
 Cooked apples

Blueberries  
 \*Fruit cups in water or light syrup  
 \*Dehydrated fruit  
 \*Pineapple chopped into quarter inch cubes  
 Kiwi  
 \*Blackberries quartered  
 \*Mango and papaya

## VEGETABLE

Cooked green beans  
 \*Chopped salad with dressing (spinach, lettuce)  
 \*Slivered carrots  
 \*Cucumbers chopped in 1/4 inch cubes  
 \*Shreddedicama and dip

Potato wedges  
 Sliced tomatoes  
 \*Chopped red, yellow, and orange peppers  
 Cooked broccoli  
 Corn  
 \*Black and green chopped olives

## MILK/DAIRY

Milk

\*String cheese or cheese in 1/4 or 1/2 inch cubes  
 Cottage cheese  
 Yogurt

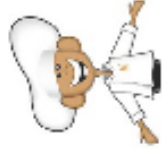
## BEVERAGE

Milk  
 Flavored Milk

Water  
 100% Fruit Juice

Is there a health topic you want to know more about? For more information about fitness, education and nutrition, or other health programs, contact Grace Keith, Health Educator, 850.926.0400 x. 215 or Grace\_Keith@doh.state.fl.us

\*Be sure to prepare these foods to prevent choking hazards. For children under age three, chop into pieces no bigger than 1/4 inch in diameter. For children under age five, chop into pieces no bigger than 1/2 inch in diameter.



# September 2012

Make sure to pack a healthy lunch for school



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



2

Always offer a food your child will eat at meals along with a new food.

9

Steamed brown rice has more nutrients and fewer calories than fried rice.

16

Eat at least two 100% whole-wheat food today such as pita bread or mini bagels.

23/30

Good dental care starts early.

3

The standard recommendation of water intake for children is at least 6-8 glasses a day.

10

Turn the TV off during mealtimes.

17

You're the best role model for good hand washing. It can keep your family from getting sick.

24

Many restaurants will offer milk or water as a beverage and apple slices instead of fries.

4

Exercise can help increase your family's healthy "HDL" cholesterol.

11

Let the kids help plan their lunches for the week.

18

By the time a child feels thirsty, their mental performance may have deteriorated by 10%.

25

Exercise has even been proven to help kids sleep better and reduce stress.

5

Make the backyard or front yard into an obstacle course.

12

Steamed brown rice has more nutrients and fewer calories than fried rice.

19

Researchers believe children burn about half as many calories in the winter as they do in the summer.

26

Spin it up throughout the day (20 minutes in the morning, 10 minutes at lunch, etc.). It all adds up!

6

Studies show that kids who eat breakfast maintain or lose weight.

13

Frozen fruit added to non-fat vanilla yogurt makes a great thick smoothie.

20

Cheese is about 30 percent cheaper in the dairy aisle than at the deli counter.

27

Show your kids the fun of being silly and using your imagination.

7

There are many studies that have proven the importance of breakfast!

14

Start with carbohydrates, protein and a little fat to keep motors running.

21

Test every detector in your home to keep them functioning and charged.

28

Ask your kids what activities they like, then invite their friends

1

Prioritize your time with exercise, wholesome meals and family fun.

8

Healthy lunches have at least 3-4 of the food groups that means including fruits and vegetables.

15

Children who skip breakfast often mistake hunger pangs for a tummy ache.

22

Breakfast fills your child's "empty tank" to get them going after a long night of sleeping.

29

Be sure your family fuels up with a healthy breakfast everyday.



More Nutrition Fun [www.ChefSoulus.com](http://www.ChefSoulus.com)  
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