



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Back to School Build-Your-Own Lunch Ideas:

Grains

Whole wheat Bread
Whole Wheat Tortilla
Whole wheat English muffin
Whole grain dry cereal
Cold cooked leftover quinoa
Whole grain crackers
Whole wheat bagel
Whole grain muffin or waffle
Popped popcorn
Granola

Protein

Deli turkey, ham or roast beef
Hummus
Hard-boiled egg
Leftover baked/grilled chicken
Canned beans
Canned tuna
Turkey pepperoni
Edamame (soy beans)
Nut Butter (Seed butter if you are nut-free)

Dairy

Milk or soy milk
Low-fat yogurt
Greek yogurt
String cheese
Mini cheese wheel
Soft cheese triangle
Cream cheese spread

Fruits & Vegetables

Carrots and celery
Cucumber slices
Clementine oranges
Strawberries and blueberries
Apple or Banana
Snap peas
Cantaloupe or pineapple
Applesauce
Raisins, craisins or dried fruit