

Power Lunches!



Go for variety...

- ✦ Offer or pack milk, a small container of low-fat yogurt, or a few slices of cheese with crackers. Try a grilled cheese sandwich with a bowl of tomato soup for an easy Saturday lunch.
- ✦ Offer or pack a vegetable - carrot sticks, broccoli or slices of pepper with a little ranch dressing for dipping, a tuna or cheese sandwich with thin slices of tomato or lettuce.
- ✦ Offer or pack a fruit to top off your meal - orange slices, grapes (cut in half for children) a banana, or any fresh fruit in season. Canned fruit like peaches, pineapple and applesauce are great treats.
- ✦ Mix up your sandwiches by putting your tuna, turkey or peanut butter on a bagel or in a pita pocket for a change of pace.
- ✦ Leftovers from last night's dinner are great for lunch the next day. Make sure to heat the leftovers well in the microwave and test the temperature before you serve them to your child.