

Pack a Heart Healthy Lunch Box

Expertise in Matters of the Heart

MAIN COURSES

Cheese quesadillas

Chicken drumstick

Chicken, tuna, or egg salad with pita bread

Hard-cooked eggs

Hot soup in a Thermos®

Pasta salad with vegetables
(use colored pasta or fun shapes)

Sandwich on whole-wheat bread, bagel or English muffin

- Peanut butter and jelly – add raisins for a twist
- Turkey, ham or roast beef

Vegetable or cheese pizza



BEVERAGES

Non-fat 1% milk

Non-fat or 1% flavored milk, chocolate or strawberry

100% fruit juice box

Water

SNACKS

String cheese

Air-popped popcorn

Baked chips

Cottage cheese and fruit

Dry, whole-grain cereal

Graham crackers

Pretzel sticks

Trail mix with nuts and dried fruit

Whole-grain crackers with cheese or peanut butter

Low-fat yogurt

Visit www.mealsmatter.org for FREE tips, interactive nutrition assessment tools, easy-to-prepare recipes, meal suggestions and more.

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FRUITS AND VEGETABLES

Dried raisin or plums

Orange slices or wedges

Snack-size applesauce

Raw vegetables with low-fat dressing

Baby carrots

Celery sticks

Cucumber slices

