Start with Protein
Decide on turkey, chicken breast, ham, beans, tofu, legumes, or other lean protein.

Focus on Whole
Choose whole grains like whole-grain bread, brown rice, and popcorn.

Think Half!
Fill half of your lunchbox with fruits and veggies. The more color, the better! Use whole or cut-up fruit for full fiber benefits.

Happy Lunchbox
1 watermelon, cut into sticks and balls
1 serving of yogurt (for dipping)
1 serving berries
1 skewer of cubed watermelon, turkey breast, and cheddar cheese

Decide on Dairy
Round out the lunch with dairy. Think milk, yogurt, cheese, or a soy beverage.

Build a better, more balanced lunchbox for your kiddos and you!

Add vibrant veggies and whole fruits to salads and sandwiches. Or, skewer them and make them the star of the meal!