Healthy Lunch Makeover!
Take a look at how you can improve a traditional school lunch!

<table>
<thead>
<tr>
<th>Traditional Lunch</th>
<th>Healthy Makeover</th>
<th>The Change!</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salami on white bread</td>
<td>Turkey on whole wheat</td>
<td>Less fat and more fiber</td>
</tr>
<tr>
<td>Mayonnaise</td>
<td>Lettuce and mustard</td>
<td>Less fat and fewer calories</td>
</tr>
<tr>
<td>Full fat cheese</td>
<td>2% cheese</td>
<td>Less fat and calories</td>
</tr>
<tr>
<td>Canned fruit cup with syrup</td>
<td>Apple slices</td>
<td>Less added sugar</td>
</tr>
<tr>
<td>Fried chips</td>
<td>Carrot sticks</td>
<td>Less fat and calories</td>
</tr>
<tr>
<td>Cookie</td>
<td>Low-fat yogurt w/ fresh fruit</td>
<td>Less added sugar and calories</td>
</tr>
<tr>
<td>Juice drink</td>
<td>Skim milk</td>
<td>Less added sugar and calories</td>
</tr>
</tbody>
</table>

This chart was adapted from “School Lunches” on www.kidshealth.org

Here are some more healthy ideas to improve your bagged lunch!

**Protein (Choose lean meats)**
- Turkey
- Tuna
- Ham
- Tofu
- Beans
- Peanut butter*
- Hard-boiled eggs

**Whole Grains (Whole wheat, 100% corn or 100% oats)**
- Bread
- Tortilla
- Pita
- Mini-bagel
- Brown rice
- Pasta
- English muffin

**Fruit (Any type will do, but here are some ideas!)
- Apple
- Banana
- Grapes
- Watermelon
- Berries
- Nectarine
- Dried fruit

**Veggies (Any type will do, but here are some ideas!)
- Celery
- Carrots
- Cucumber
- Lettuce
- Salad
- Pepper strips
- Broccoli florets

**Dairy (Low fat or fat free)**
- String cheese
- Yogurt
- Milk
- Cottage cheese
- Cheese cubes
- Cheese slice
- Flavored milk

*Before packing peanut butter or other nut product, make sure that the school allows it!

Other Ideas: Popcorn, Baked chips, Pretzels, Granola bars, Rice cakes, Whole grain crackers, Hummus, Soup, Trail mix, Graham crackers, Light dressing to use as veggie dip, Applesauce, Fruit leather, Leftovers, Homemade lower fat banana bread, Whole grain dry cereal, Chili, Veggie burger

Get creative!