

# HOMEADE LUNCHABLES



Creating portion-controlled, balanced meals for kids doesn't have to be difficult or expensive.

These homemade lunchables are a fun, familiar way to offer key nutrients using simple, affordable ingredients. Each lunchbox highlights protein, fiber, fruits or vegetables and a touch of fun; designed to keep kids full, focused and energized throughout the day.



Prep time: **15-20 minutes**



Makes **1 lunchable per serving**

These lunchbox combinations provide around 15-20 grams of protein, fiber and heart-healthy fats, with 150-200 calories to support work and play all day.



## ***Turkey and Cheese Box***

### **Ingredients**

- Lean turkey slices
- Whole grain crackers or pita chips
- Low-fat string cheese or cheese cubes
- Grapes or apple slices



## ***DIY Pizza Box***

### **Ingredients**

- Whole grain sandwich thins, pita rounds or English muffin halves
- Low-sodium marinara sauce
- Shredded part-skim mozzarella cheese
- Turkey pepperoni slices
- Diced bell peppers



## ***Veggie and Protein Snack Box***

### **Ingredients**

- Hard-boiled egg
- Whole grain pretzel sticks or pita chips
- Cherry tomatoes, cucumber slices and snap peas with low-calorie ranch
- Chocolate covered almonds