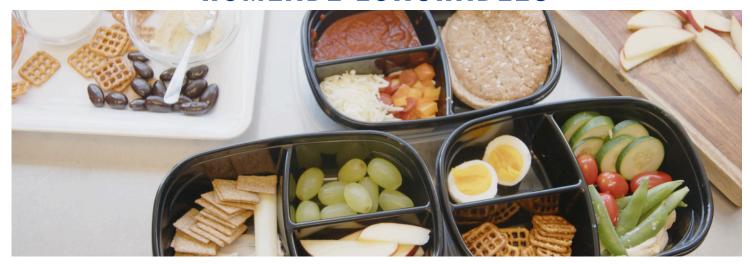
HOMEADE LUNCHABLES



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 Rox

Ingredients

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



Rox

Ingredients

 Whole grain sandwich thins, pita rounds or English muffin halves

DIY Pizza

- 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



