

Back to School LUNCHES



The LBPSB Nutrition department welcomes you and your child back to school.

Here are a few tips on preparing a balanced lunch!

Prepare a Balanced Lunch Box

Be sure to include protein, whole grains, fruits and vegetables in your child's lunch.

Follow the *healthy plate model*:



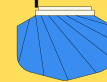
Don't forget to include water and a nutritious snack of protein and fiber!

Food Safety

Pack a thermos or insulated lunch bag to keep hot foods at their appropriate temperature.



Use an ice pack to keep lunches, snacks and beverages cold.



Make sure to wash your hands and produce before packing a lunch.



Wash all containers and lunch bags with hot water and soap after being used.



Get Creative With It!

Focus on presentation:

Prepare skewers with fruits, vegetables or proteins



Cut foods into shapes



Use color themes such as eating the rainbow



Try a new cuisine



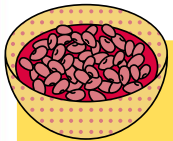


Back to School

5-DAY MENU



Lunch



Monday:

Whole grain tortilla wrap with roasted turkey and spinach, celery, peach slices, yogurt and water

Tuesday:

Egg salad sandwich made with whole grain bread, cherry tomatoes with dip, apple slices and water

Wednesday:

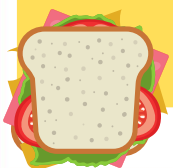
3-bean chili, whole grain crackers with cheese, carrots, blueberries and water

Thursday:

Chicken strips, brown rice, broccoli, grapes and water

Friday:

Tuna melt made with whole grain bread, cucumber slices, banana and water



Snacks



Monday:

Grapes and cheese

Tuesday:

Whole grain crackers with hummus

Wednesday:

Berries with plain Greek yogurt

Thursday:

Hard boiled egg with apple slices

Friday:

Carrots with yogurt dip (tzatziki)

