

The Healthy Lunch Box

Eating healthy is important each and every day – even on days when lunch is in a box! Packing a healthy lunch box for children can be easy if you plan ahead. Here are some guidelines, safety tips, and nutritious ideas.

For more information visit www.HealthyMS.com.

Lunch Box Requirements

1. At least one serving of vegetables or salad AND one serving of fruit
2. One serving of meat such as chicken or fish OR meat alternative such as eggs, beans, hummus, cheese, yogurt, peanut butter or cottage cheese
3. One serving of 1% or fat-free milk AND water
4. A grain product such as bread, bagel, muffin, roll, crackers, or tortilla

Food Safety

1. Chill food thoroughly before packing.
2. Pack meals in an insulated bag.
3. Pack foods with the items used first in the bag last.
4. Keep food safety supplies such as hand sanitizer and disinfectant wipes, or paper towels and spray cleanser.

Nutritious Lunch Ideas

1. Chicken salad wrap (chicken salad and romaine lettuce in tortilla), tomato wedges, mandarin oranges, fat-free milk, and water
2. Peanut butter and jelly sandwich on whole wheat bread, banana, carrots sticks with dip, fat-free milk, and water
3. Ham and tomato sandwich, coleslaw, fat-free milk, and water
4. Cheese and crackers, raw broccoli with low-fat ranch dip, apple, fat-free milk, and water
5. Whole-wheat tortilla roll with sliced turkey, sliced low-fat mozzarella cheese, red pepper strips, and lettuce leaf; grapes, fat free milk, and water



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