

YUMMY TUMMY: Healthy Lunch Box Meals

Packing a healthy lunch for your child can sometimes be challenging. It's easy to buy the pre-packaged snacks and lunch kits but it doesn't necessarily mean it's a healthy choice. Here are some great ideas for quick and healthy school lunches that are also fun!



- Make a roll-up by spread nut butter on a whole wheat tortilla and adding banana or strawberries.
- Use wooden skewers to make kabobs. Use cheese, vegetables, chicken....the possibilities are endless.
- Try a whole wheat bagel with low-fat cream cheese. Add some sweet peppers or cucumbers for a crunch.
- Create a fun parfait by adding fruit and granola to yogurt.
- Put pre-cooked pasta in a container and let your child choose what to add—cheese cubes, cherry tomatoes, olives, turkey and a little Italian dressing.
- Hard boiled eggs are a good choice and they can be made ahead of time for the week.
- Leftovers make EASY lunches. When preparing dinner, make a little extra so lunches for the next day are a breeze.

At Play & Learn, we participate in the Child and Adult Care Feeding Program and work with a nutritionist to provide our children with healthy snacks, giving them the tools they need to make healthy choices.

