

Checklist for School Lunches

Include one type of food from each green food group to provide a balanced meal.

Fruits

E.g.: Apple slices, Berries (strawberries, blueberries, raspberries), Grapes, Orange segments, Kiwi slices, Pineapple chunks



Vegetables

E.g.: Carrot sticks, Celery sticks, Cherry tomatoes, Cucumber slices, Red or green pepper slices, Snap peas



Dairy

E.g.: Milk, Yogurt, Cheese slices or string cheese, Cottage cheese, Soy milk or almond milk



Grains

E.g.: Whole grain bread, Whole grain crackers, Brown rice, Quinoa, Whole wheat pasta, Oatmeal



Protein

E.g.: Chicken or turkey slices, Hard boiled eggs, Hummus, Peanut butter, Beans (black beans, chickpeas, kidney beans), Cheese cubes or string cheese



Snacks

E.g.: Sweets, Chocolate, Crisps, Packaged cookies and cakes, Processed snack bars, Sugary yoghurts, cereals or drinks

