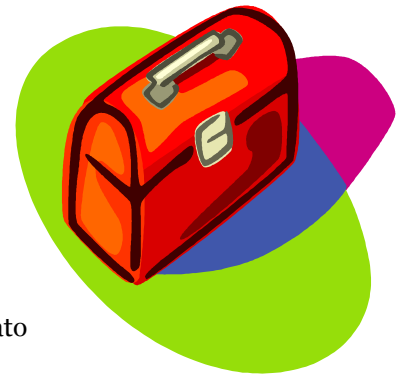


Healthy Lunches



Roast Beef sandwich on pumpernickel or Ezekiel Bread-add lettuce and tomato
Green/Red/Yellow bell pepper strips with Hummus dip
Grapes
2% or 1% milk or water

All natural turkey breast on whole grain bread/roll
Carrot sticks and grape tomatoes
Homemade trail mix (nuts, raisins, dried fruits)
2% or 1% milk or water

Chicken and rice soup in a thermos. (Progresso makes a good chicken and wild rice soup)
½ PB & J sandwich (on whole grain bread, try different nut butters, fruit spreads)
Banana
2% or 1% milk or water

Tuna wrap on multigrain pita/wrap
Add lettuce and tomato
Apple
Single serve yogurt/cottage cheese
2% or 1% milk or water

Peanut butter and Jelly (Organic Jelly-Dickinsons is good) and healthy Peanut/ nut butters.
Fresh fruit
pretzels
2% or 1% milk or water

Ham and cheese on whole grain bread
Fresh strawberries/blueberries
Organic yogurt
2% or 1% milk or water



"Winning with Wellness"