

eat smart.  
be well.

# Mix & Match

## SCHOOL LUNCH IDEAS

Don't get into a stale lunch routine this school year.

Use this mix and match guide by choosing one from each category below:



### Fruit:

- ½ cup apple slices,
- 1 (4 oz.) container apple sauce,
- 1 small banana
- 1 melon wedge
- 16 grapes
- ½ cup sliced strawberries
- 6 melon balls,
- ¼ cup dried fruit
- ½ cup 100% fruit juice



### Vegetable:

- 1 cup raw or cooked vegetables, such as:
- 12 baby carrots
- 1 large bell pepper
- 1 cup tomatoes
- 1 sweet potato
- 2 cups raw leafy greens



### Grains:

- ½ bagel
- 1 small biscuit
- 1 cup cooked quinoa
- 10 crackers
- 1 english muffin
- 1 small muffin
- 1 cup cooked oatmeal
- 6 cups popcorn
- 1 cup rice
- 1 cup pasta
- 1 small tortilla



### Protein:

- chicken pork or beef the size of your child's palm
- 1 small hamburger
- 1 hard-boiled egg
- ½ cup cooked beans
- ¼ cup hummus
- 2 Tbsp. nut butter
- 24 almonds



### Dairy:

- 1 cup low fat milk
- ⅓ cup shredded cheese
- ½ cup ricotta cheese
- 1 cup cottage cheese
- 1 cup calcium fortified milk alternative (soymilk almond milk rice milk)
- 1 cup yogurt

