

## Healthy Snack and Lunch Ideas

### Drinks:

Juice not “drink”  
Check 100% juice  
Check sugar content

### Snacks:

Carrot sticks  
Celery sticks  
Broccoli & Ranch dip  
Celery & peanut butter  
Celery & cream cheese  
Apple & cheddar cheese wedges  
String cheese  
Sardines & crackers  
Banana  
Peach, nectarine, plum  
Pineapple chunks  
Fruit cup  
Orange, tangerine, tangelo  
Honeydew, cantaloupe  
Watermelon  
Pear  
Grapes  
Avocado  
Yogurt  
Yogurt with fruit  
Raisins  
Craisins  
Dried fruit mix  
Trail mix (no chocolate)  
Dry cereal (no sugar added)  
Popcorn (already popped)  
Nuts (shelled)  
Green leaf salad  
Hard boiled eggs  
Deviled eggs  
Tortilla chips and salsa  
Guacamole & tortilla chips  
Nachos  
Cheese spread & crackers  
Peanut butter & crackers  
Bagel & cream cheese  
White corn & baby pea salad  
Marinated cucumbers  
Cucumber & tomato salad  
Mango & broccoli salad  
Coleslaw  
Potato salad  
Waldorf salad  
Plantain chips  
Snow peas & tomatoes

### Sandwiches:

*Use a variety of breads, rolls*  
egg salad  
chicken salad  
Tuna salad  
Salad wrap  
chicken wrap  
turkey wrap  
*Use a variety of meats & cheese*  
turkey sandwich  
ham & cheese  
bologna & cheese  
salami & cheese  
hoagie  
Italian sub  
tuna salad sub  
chicken salad sub  
*Other Entrees*  
pasta salad  
pasta salad with chicken  
pasta salad with tuna  
Caesar salad  
Greek salad  
*Microwave ( use sparingly)*  
wings  
pizza  
drumsticks  
leftovers  
French dip  
sloppy joe  
meatball sub  
Spanish rice  
rice & beans  
spaghetti  
burrito  
tacos  
burger  
quiche  
soup  
Chinese special rice  
potato skins  
hotdog  
chili dog