



# School Sack Lunch Savvy!

**Lunch is important for your kids!** Lunchtime is your child's time to refuel after a busy morning. Repeated studies have shown that kids who eat breakfast and lunch do better in school.

## Kid Friendly Tips for a *Super Sack Lunch*

- Involve kids in packing their lunches.
- Let them pick out nutritious foods they will like and eat.
- Avoid high calorie, low nutrient foods such as chips, soda and candy.

## Keep in mind that kids like:

- **Foods that fit in their hand.** Cut up fruits and vegetables in smaller sizes.
- **Shapes.** Use cookie cutters to create fun shapes in lunch foods.
- **Dunking fruits and vegetables.** Add bean or yogurt dips or lowfat dressing.
- **Routine.** Don't worry if your child chooses the same food day after day. Include favorite foods with new ones.
- **Surprises!** Including a note or a treat occasionally makes lunch fun!

Remember, your kids are growing! But the right amount is usually not as big as an adult portion.



## Build-A-Lunch

For a healthy lunch, choose foods from at least 4 of the 5 food groups below:

Here's a sample menu:



### TODAY'S LUNCH

□.....□

**Whole-Grain Bread**

□.....□

**Carrot Sticks w/  
Ranch Dressing**

□.....□

**Apple Slices  
Sprinkled w/  
Cinnamon**

□.....□

**Lowfat Milk**

□.....□

**Choice of  
Peanut Butter  
or  
Egg Salad  
Sandwich**



**MONTANA  
STATE UNIVERSITY**

**EXTENSION**

## Keep It Safe

1. Use an insulated lunch bag or double bag paper sacks.
2. Keep cold foods cold by using a frozen chill pack, or freeze a juice box or water bottle.
3. Keep hot foods hot by using a thermos and heating foods to 140°F before packing.
4. Remind kids not to eat leftovers from lunch that need to be kept cold or hot. For example, graham crackers are ok to eat but a tuna sandwich is not!



## Veggie Wrap

Yield: 1 serving

- 1 whole wheat tortilla
- 2 Tablespoons cream cheese or Ranch dressing
- 1 slice of lunch meat (ham, beef or turkey)
- 1 piece of string cheese
- Various veggies (spinach, lettuce, grated carrots, tomato slices, red/green pepper slices, etc)

1. Spread cream cheese or dressing down the center of the tortilla.
2. Lay vegetables evenly over cream cheese or dressing.
3. Place lunch meat on top of vegetables. Place string cheese on top of all.
4. Roll tortilla with toppings around the piece of string cheese.
5. Wrap in plastic wrap, waxed paper or foil.

## Carrot Cookies

Yield: 3½ to 4 dozen cookies

- ½ cup soft butter or margarine
- 1¼ cups sugar
- ¼ cup water
- 1 cup finelygrated raw carrots
- 2 well beaten egg whites
- 2 cups all purpose flour
- 2 teaspoons baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 1 teaspoon cinnamon
- 2 cups quick-cooking oats
- 1 cup raisins

1. Preheat oven to 350°F. Coat baking sheet with non-stick spray.
2. In a large bowl, cream together butter or margarine, sugar and water. Stir in carrots and eggs.
3. In a separate bowl, mix flour, baking powder, baking soda, salt, cinnamon, oatmeal and raisins. Add to creamed butter mixture. Stir just until moist.
4. Drop from spoon on greased baking sheet. Flatten slightly and bake for 10 minutes, or until lightly browned.

## Contact Us

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## Nutrition Education Programs - SNAP-Ed / EFNEP

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