

# 5 ways to MAKE SCHOOL LUNCHES EASIER



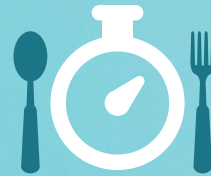
1.  
**ON THE WEEKEND,  
PLAN WEEKDAY  
LUNCHES** with your kids.  
Include at least 3  
of the 4 food groups.



2.  
**GET A HEAD START.**  
Cut up extra veggies  
& fruit, or make  
hard-boiled eggs.



3.  
**COOK EXTRA FOOD.**  
Dinner leftovers make  
a quick and easy lunch.



5.  
**PREP AS MUCH AS YOU  
CAN THE NIGHT BEFORE.**  
Then simply pack lunch in  
the morning and off they go.



4.  
**KEEP IT SIMPLE.**  
Mix and match foods  
from each food group.

## Lunch Ideas Your **KIDS WILL LOVE**

Whole grain wrap or pita pockets + chicken or hummus + veggies

Layers of fruit + yogurt + whole grain cereal

Vegetable soup + whole grain bun + milk

Cheese cubes + whole grain crackers + veggie sticks

Whole grain pasta and sauce + veggies + yogurt dip

Cheese + whole grain English muffin + apple slices