Quick & Healthy Lunch Ideas

A healthy lunch consists of a variety of foods. Consider using this easy formula when packing or making lunch:

Sandwich/ Hot item + Fruit + Vegetable + Beverage = Healthy Lunch

**Sandwich/ Hot Item Suggestions:**
- **PB & Banana.** Spread peanut butter and banana slices on oat bread.
- **Turkey Pita.** Stuff a whole-grain pita with roasted turkey, lettuce, tomato, cucumber, and Dijon mustard.
- **Roast Beef & Cheddar Wrap.** Layer lean roast beef, reduced-fat cheddar cheese, lettuce, and mustard on a whole-grain tortilla; roll up.
- **Almond Butter & Apple.** Spread a thin layer of almond butter on whole grain bread. Top with grated apple, carrots, and/or raisins.
- **Bean Burrito.** Layer refried beans, reduced-fat cheddar, and salsa in a whole-grain tortilla. Fill with diced tomato and avocado; roll up.
- **Roasted Vegetable and Hummus Wrap.** Fill a whole grain wrap with hummus and leftover roasted eggplant, zucchini, yellow squash, mushrooms, onions, and red peppers. Top with a few sliced black olives or feta, if desired.
- **Veggie Pizza.** Leftover pizza makes a great lunch. Or you can top a whole-grain English muffin or bagel with tomato sauce and reduced-fat mozzarella. Add your favorite vegetable toppings, such as green peppers, mushrooms, or olives. Toast, if desired.
- **Vegetable and Bean Soup.** Fill a thermos with leftover soup. Serve with whole-grain crackers and fruit.
- **Chef’s Salad.** Toss lean turkey or chicken breast, reduced-fat cheese, broccoli florets, red pepper strips, grated carrots and with lettuce. Serve with whole-grain pita and a small container of light dressing.

By: Kelly Frazier, M.A., ACSM, Furman University. Sources: NIDDK; *Feeding Your Child For Lifelong Health: Eat, Play, and Be Healthy;* American Academy of Pediatrics, and American Dietetic Association.
Quick & Healthy Lunch Ideas (continued)

**Whole Grain Pasta.** Fill a thermos with leftover pasta salad or spaghetti. If vegetables aren’t included, serve with a small side salad.

**Hawaiian Ham & Pineapple Sandwich.** Layer lean ham, lettuce, and a pineapple ring on whole-grain bread.

**PB & Apple Crackers Sandwiches.** Spread peanut butter and thinly sliced apple on whole-grain crackers. Top with more crackers to make sandwiches.

**Turkey & Swiss Cracker Sandwiches.** Top whole-grain crackers with lean turkey, reduced-fat Swiss cheese, and mustard. Top with more crackers to make sandwiches.

**Fruit and Yogurt Parfait.** Layer low-fat yogurt with berries or peaches. Pack with a container of ready-to-eat cereal to mix in.

**Fruit Suggestions**
- Apples, bananas, or pears
- Peaches, nectarines, or plums
- Grapes, cherries, and blueberries
- Orange segments
- Sliced melon
- Strawberries and kiwi
- Pineapple and mango chunks
- Dried apples, raisins, and plums
- Applesauce with cinnamon
- Canned fruit packed in juice

**Vegetable Suggestions**
- Red pepper slices
- Sugar snap peas
- Cucumber sticks
- Baby carrots
- Celery
- Broccoli
- Cherry or grape tomatoes
- Sliced zucchini and yellow squash

**Beverage Suggestions**
- Water
- Black, green, or herbal tea
- Skim or 1% milk or soymilk
- 4 ounces of 100% fruit juice such as apple, grape, orange, or pineapple