

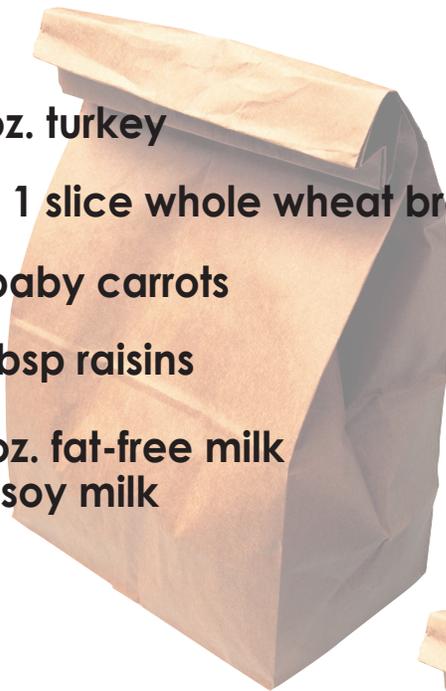
WHAT CAN I PACK IN MY CHILD'S LUNCH?

Mix & Match from MyPlate Food Groups

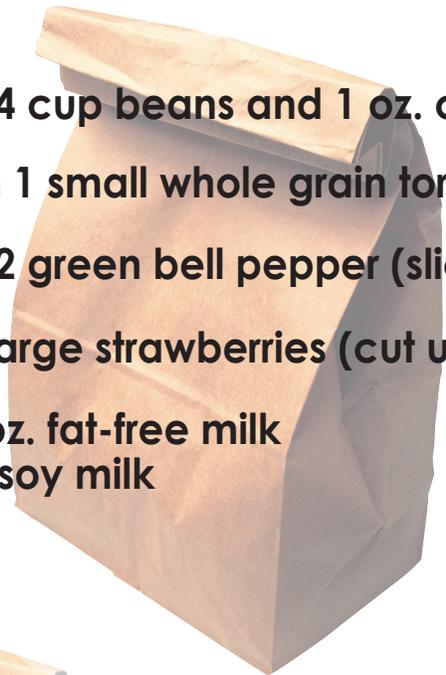
Thinking about lunches in food groups helps ensure your child gets the nutrients he or she needs.

The goal is 1 serving from all 5 food groups in each lunch:

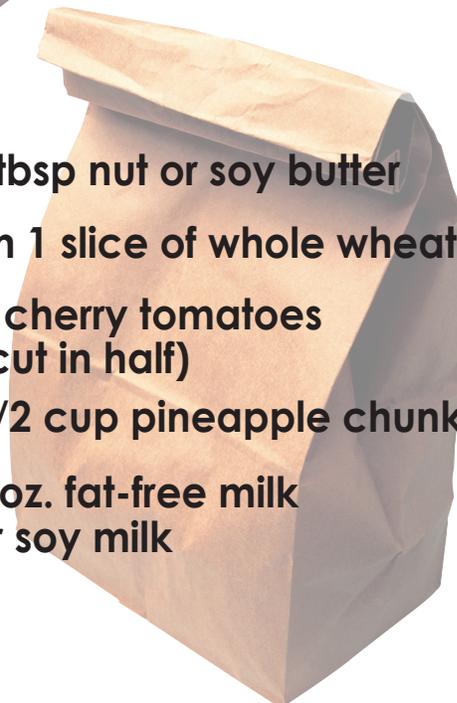
- 1 oz. turkey
- on 1 slice whole wheat bread
- 6 baby carrots
- 4 tbsp raisins
- 4 oz. fat-free milk or soy milk



- 1/4 cup beans and 1 oz. cheese
- on 1 small whole grain tortilla
- 1/2 green bell pepper (slices)
- 4 large strawberries (cut up)
- 4 oz. fat-free milk or soy milk



- 1 tbsp nut or soy butter
- on 1 slice of whole wheat
- 8 cherry tomatoes (cut in half)
- 1/2 cup pineapple chunks
- 4 oz. fat-free milk or soy milk



- Meats/Beans
- Grains
- Vegetables
- Fruits
- Milk/Dairy

