Include some of these tasty options for lunch and snacks, too.

- String cheese
- Bread sticks
- Fresh fruit
- Tortillas or flat bread wraps with lean meats and cheeses
- Grape tomatoes or baby carrots
- Applesauce
- Whole wheat bread with peanut butter and jelly
- Pasta salad with veggies
- Cut-up veggies with low-fat dips or hummus for dipping
- Home made trail mix: cereal, nuts, pretzels, dried fruit or raisins, a few chocolate bits
- Frozen Go-Gurts® or drinkable yogurts
- Pretzels
- Popcorn
- Dry cereal
- If you’re using Lunchables® or other pre-packaged meals, be sure to read the Nutrition Facts label to choose the lower calorie/lower fat selections.