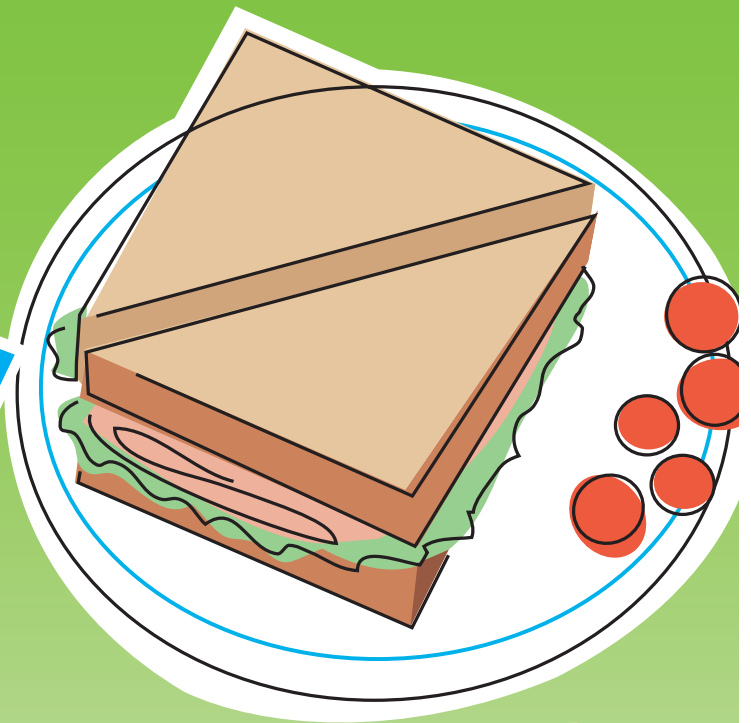


PACK A HEALTHY LUNCH



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.

