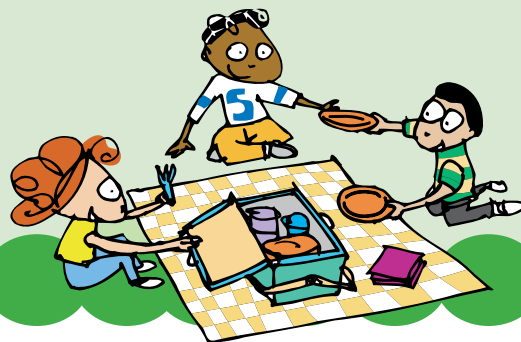


# Lunch to Go Menu Ideas

## Entree

1. **Peanut Butter and Strawberry-Banana Sandwich:** Spread the peanut butter on your choice of bread, tortilla, bagel, or English muffin, and top with fresh fruit. Try it on whole-wheat.
2. **Garden Pita:** Put lowfat cheese and crisp veggies in a pita pocket (Try this as a wrap, too—they now come in fun colors and flavors!)
3. **Cold Pizza:** What's your favorite kind?
4. **Pasta Salad:** Use new shapes and colors alongside crisp veggies.
5. **Chili or Soup:** Send it in a thermos to keep HOT.
6. **Leftover Dinner:** Make extra for dinner and pack it up for lunch the next day!



## Side Dishes

1. **Fresh Veggies:** Try baby carrots, cucumber coins, firm cherry tomatoes, celery sticks, fresh green beans. You can also include a fun, lowfat dip such as ranch dressing, cottage cheese, or hummus.
2. **Fresh Fruit:** What's in season? Peel them, slice them, cube them, eat them with a lowfat yogurt for a dip, or peanut butter.



### Sweet Ideas

1. Lowfat Pudding
2. Graham Crackers
3. Fig Bars
4. Fat-free Granola
5. Grapes
6. Trail Mix (cold cereal, nuts, dried fruit)



### Beverages

1. Lowfat/Fat-free Milk: Try different flavors
2. 100% Juice
3. Water

