Lunch Box BUILDER

The key to packing a healthy and delicious meal is including nutrient rich foods from all food groups.

**Dairy**
Milk, cheese and yogurt provide calcium, protein, and vitamins and minerals for strong bones, teeth and muscles. Serving fruit or veggies with a yogurt dip or some cheese cubes can be more pleasing, especially to younger palates.

**Fruits & Vegetables**
Choose a colorful variety every day to get important vitamins, minerals and fiber for good health. Ready to eat (peeled, sliced, sectioned) are perfect for packing.

**Grains**
Whole grain breads, cereals, crackers, brown rice, and pasta are good high fiber choices. The combination of these foods with foods from other groups is endless.

**Protein**
Lean meats, tuna, beans, nuts, seeds and eggs are good protein sources. Leftovers from dinner can make awesome "look-forward-to" lunches.