

From A to Z: Back to School Lunches

Food Groups

Shopping List Ideas

Fruits

- Apples
- Bananas
- Berries (blueberries/raspberries)
- Dried fruit (apricots, cranberries, dates, figs, prunes, raisins, or fruit leather made with 100% real fruit, etc.)
- Grapes
- Kiwi
- Mangoes
- Melon (cantaloupe/ honeydew/watermelon)
- Oranges (or clementines/tangerines)
- Peaches
- Pears
- Plums
- Strawberries
- 100% fruit juice

Vegetables

- Bell peppers (green, red, orange, yellow)
- Broccoli
- Carrots (and baby carrots)
- Cauliflower
- Celery
- Corn
- Cucumber
- Green beans
- Peas
- Potatoes
- Salad (romaine, kale, spinach)
- Sugar snap peas
- Sweet potatoes
- Tomatoes (sliced, cherry or grape)
- Zucchini
- 100% vegetable juice

Grains

- 100% whole grain bread (bread, rolls, bagels)
- 100% whole grain crackers
- Brown rice (or quinoa, barley)
- Whole wheat pasta
- Popcorn
- Tortillas (corn tortillas or 100% whole wheat tortillas)

Protein

- Fish and shellfish (tuna)
- Poultry (chicken or turkey with white meat, no skin)
- Lean meats (>95% lean ground beef, lean pork, lean beef trimmed of fat)
- Lean deli meats
- Eggs (hard-boiled, egg salad, etc.)
- Soy (soybeans, tofu, or edamame)
- Beans (black, garbanzo, kidney, pinto, etc.),
- Other legumes, lentils, hummus
- Nuts and nut butters (almonds, cashews, peanuts, pecans, pumpkin seeds, sunflower seeds, walnuts, peanut butter, sunbutter, etc.)

Dairy

- Milk (fat-free or low-fat milk, soy milk, almond milk)
- Yogurt (low-fat, Greek)
- Reduced-fat cheeses (made with 2% or less fat milk); string cheese
- Low-fat cottage cheese



(continued on other side)

It's in the Bag!

Plan Your Own Healthy Sack Lunch:



Did you remember to include these?

- Fruit
- Vegetable
- Whole Grain
- Lean Protein
- Low-Fat Dairy

Encourage your child to eat school lunch (and breakfast!)

Facts about the National School Lunch Program nutrition requirements:

- Offers nutrient-dense foods from all five food groups.
- Meal patterns are based on the latest Dietary Guidelines for Americans.
- Now more fruits, vegetables, and whole grains are offered.
- Calorie limits ensure age-appropriate meals for grades K–5, 6–8, and 9–12.
- Focused on reducing saturated fat, trans fat, added sugars and sodium.
- Multiple examples exist in the research literature linking nutritional status to academic performance at school.

For more nutrition information regarding back to school lunches, visit these websites:

Academy of Nutrition and Dietetics

www.eatright.org

Academy of Nutrition and Dietetics Kids Eat Right

www.kidseatright.org

School Nutrition Association

www.schoolnutrition.org

The Healthy School Lunch Campaign

www.healthyschoollunches.org

Nutrition Link

www.fns.usda.gov/nutritionlink

Team Nutrition

<http://teamnutrition.usda.gov>

Food and Nutrition Information Center

www.fnic.nal.usda.gov

This tip sheet is provided by: