BUILD A HEALTHY LUNCH WITH MYPLATE

Choose a Fruit
Choose a Whole Grain
Choose a Vegetable
Choose a Protein or Dairy (or both)

Choose Plain Milk for a drink
**5 Days of Healthy Lunches**

-Pack it in a Snap!

Leftovers from dinner make healthy and easy lunches.

Pack lunches the night before for easy grab-and-go in the morning.

*Find the starred recipes on our website: uri.edu/SnapEd/recipes*

- Whole Wheat Tortilla with Hummus, Cheese, Apple & Cucumber
- Sweet Potato & Black Bean Quesadilla*
- Orange Slices
- Tuna & Tomato on Whole Wheat Bread
- Grapes (cut for young kids)
- Pear Slices
- Plain Milk
- Easy Cheesy Chicken & Broccoli*
- Apple Slices
- Plain Milk
- Chicken Pasta Salad*
- Shredded carrots
- Plain Milk
- **For Kids 4 years and Under:**

  To prevent choking, cut foods like grapes and cherry tomatoes into small pieces.

  To make hard vegetables like carrots easier to chew, shred or cook them until soft.

This material was funded by USDA’s Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, or call the URI SNAP-Ed Family Nutrition Program at 1-877-Food-URI (1-877-366-3874). In accordance with Federal law and U.S. Department of Agriculture’s policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250 or call (800)795-3272 (voice) or (202)720-6382 (TTY). USDA is an equal opportunity provider and employer.