

Some ideas for a healthy lunch box



Apples, mini bell peppers, low-sodium turkey rollups, pickles, dried cranberries.

Mini Veggie Quiche, raspberries, string cheese, low-sodium turkey slices.



Fruit salad, low-sodium ham rolls, brown rice, brownie, green beans.

Honey-dew melon, hard-cooked egg, cottage cheese, whole grain pretzels.

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Mini Chocolate Chip Oatmeal Muffins, grapefruit, low-sodium turkey, cucumber.

Greek yogurt pouch, low-sodium turkey, strawberries, bell peppers and carrot sticks.

Penne noodles with a sauce, carrot sticks, grapes, cheddar cheese, dark chocolate chips.

