

Gotta pack your own brown bag?

Lunch and snack ideas:

Lunch Ideas

- Bagels and cream cheese, pre-trimmed baby carrots, fruit leather, oatmeal cookie, milk
- Leftover pasta salad, peeled orange segments, brownie, milk
- String cheese, pretzels (soft or crunchy), apple, oatmeal-raisin cookie, 100% fruit juice
- Whole wheat tortilla wrap with refried beans, salsa, black beans, cheese and tomatoes; cheddar Soy Crisps, salsa to dip
- Chicken salad with light mayo, mandarin oranges, celery and grape halves over salad greens; whole grain crackers
- Whole wheat pita with hummus, veggies and kidney beans, string cheese
- Ziplock Zip & Steam meal with salmon, bell pepper, garlic. Cook and add soy sauce and tsp brown sugar.
- Cocktail sandwiches with roast beef, cheddar, and BBQ sauce; Soy Crisps; red grapes
- English muffin sandwich with PB2 and honey, yogurt cup, Kashi cereal
- Leftover rotisserie chicken with cold soba noodles, shredded carrots, green peppers and soy sauce; pear slices
- Broccoli salad, ham and cheese pinwheels; fruit leather
- Flatout Wrap with diced chicken, pasta sauce, cheese, mushrooms; spinach salad; mandarin oranges
- Leftover pizza, cherry tomatoes, raisins in individual-sized box, 100% fruit juice
- Sliced ham, soft bread sticks, carrots with ranch dressing, Rice Krispies cookie, milk
- Leftover chicken kebab (grilled chicken pieces and vegetables on a skewer), yogurt, small brownie, 100% fruit juice
- Whole grain crackers with cheese, fruit and vegetable skewers, oatmeal-raisin cookies, 100% fruit juice
- Vegetable soup in a thermos, crackers with peanut butter, sliced peaches, milk

Snack Ideas

- Fresh fruits: apples, pears, grapes
- Raw veggies in baggies: cherry tomatoes, carrots, cauliflower
- Applesauce cups
- Bulk snack mixes
- Erin Baker's Breakfast Cookies
- Mini muffins
- Baked chips
- Yoplait yogurt smoothies
- Clif Kid snack bars and fruit twists
- Peanuts, cashews, almonds, or soynuts
- Cereal in a sandwich bag
- Box of raisins or dried fruit
- Pretzels
- Granola bars
- Fig bars
- Celery with peanut butter and raisins
- Low-fat cheese with whole-grain crackers
- Tortilla with peanut butter and banana

For more ideas contact your Hy-Vee dietitian:

Jen Haugen, RD, LD

437-7625 | jhaugen@hy-vee.com