



# Strawberry Fields

Lunch	The Puzzle Pieces				Notes
	<i>Protein</i>	<i>Whole Grain</i>	<i>Veggie</i>	<i>Fruit</i>	
The Classic: Turkey & cheese sandwich	Turkey & low fat cheese	Bread	Sliced red bell pepper (side)	Sliced green apples (can be put on sandwich for crunch)	Alternate: Add avocado slices or salsa for extra flavor
Build-your-own mini pizzas	Low fat mozzarella cheese, hummus (for carrots sticks)	English muffin	Carrot sticks & hummus (side), tomato sauce	Grapes (side)	Package ingredients separately
Kicked-up tuna salad	Tuna salad made with yogurt & chopped celery/carrots	Bread/tortilla /pita	Celery & carrots in tuna salad	Strawberries (side)	Add chopped celery & carrots to tuna for extra crunch
Nut butter & banana sandwich	Nut butter	Bread or hot dog bun	Cherry tomatoes (side)	Banana	If using hot dog bun, have child make banana “hot dog” w/ nut butter “ketchup”
Hummus roll-ups	Hummus	Tortilla	Cucumber & shredded carrot, rolled in tortilla	Peach (side)	Roll tortilla and slice into bite-sized pieces
Yogurt parfait	Low fat yogurt	Cereal or granola	Celery sticks & peanut butter (side)	Blueberries & banana slices	Layer yogurt/cereal/fruit, or layer-your-own at lunch
Hamburger wrap	Lean cooked hamburger crumbles	Tortilla	Lettuce & chopped tomato, low fat French dressing	Orange slices (side)	Wrap hamburger and veggies in tortilla with dressing
Rice ‘n’ beans	Black beans, dried or canned	Brown rice	Broccoli & yogurt dip (side)	Pear (side)	Add salt-free seasoning to rice, such as Mexican or Italian seasoning
Egg-less egg salad (see recipe)	Tofu, chopped in tiny cubes, mayo/mustard dressing	Bread	Raw green beans (side)	Snack box of raisins (side)	Mush tofu if child prefers soft textures
The tasting plate	String cheese stick or slices, low sodium ham slices	Crackers	Carrot slices (side)	Cantaloupe (side)	Stack crackers, cheese, ham, and carrot slices