



## **School Lunch and Quick Snack Ideas**

I have been getting lots of requests for quick, healthy lunch and snack ideas, so I have put together some of my favorites for you!

### **SANDWICHES**

Give them a different twist by using a whole wheat or low carb tortilla or a whole wheat pita. Stuff or roll using your favorite combination of lean protein, veggies and toppings.

Start with a small portion of protein: lean roast beef, turkey breast, leftover chicken chunks, tuna, shrimp (only if refrigeration available), lean ham (limit this) or veggie patty.

Add veggies: assorted lettuces (not iceberg), chopped mixture of crunchy ones (radishes, peppers, onions, jicama, etc), sliced mushrooms, tomatoes.

Optional-add LF/NF cheese.

Add a topping/spread:

- Light whipped cream cheese with herbs added
- Dijon mustard
- Horseradish sauce
- Salsa/hot sauce
- Lowfat dressings
- Vinegar

Try making a pasta salad with low carb or whole wheat pasta-use 1 cup of veggies, 1 cup of pasta, chunks of chicken, lowfat feta and a LF olive oil vinaigrette.

Soup in a Thermos - A great way to get more veggies in, make it veggie only for an addition to a sandwich or add protein to make it a main course. Be sure to look for broth or tomato based that are low sodium, or better yet, make your own.

### **SNACKS**

- Yogurt or Cottage Cheese Parfait (also makes a great breakfast)\*
- Steamed Soybeans in the shell (edemame)
- 10 nuts and a piece of fruit
- 1-2 oz LF/NF cheese and a piece of fruit
- apple slices and nut butter\*\*
- Ry Krisp or WASA crackers with LF/NF cheese or nut butter
- Low carb tortilla roll-up(also makes a great breakfast)\*
- Hummus with raw veggies for dipping

- Baked apple\*
- Mock berry pie\*

*\*\*be sure to buy the nut butters without added sugar or partially hydrogenated fat*

### **Mock Berry Pie**

Heat 1 cup frozen berries in microwave for 3 minutes. Add 1 scoop vanilla whey protein powder and a sprinkle of cinnamon. Sprinkle with 1 tbsp chopped nuts.

### **Yogurt Parfait**

Layer plain non-fat yogurt mixed with vanilla & cinnamon with 1/2 cup berries and 1/2 cup Kashi Go-Lean cereal.

### **Baked Apple**

Split open baked apple and top with 1 cup non-fat cottage cheese and 1/2 cup Low Sugar-Low Fat Muesli or Kashi Go Lean cereal.

### **School Lunch and Quick Snack Ideas** **By JJ Virgin, CNS, CHFI**