

Quick Picks for a Healthy Lunch

Breads Whole grain	Spreads & Condiments	Fillings	Fruits (Dried and Fresh)	
bagel baguette bread sticks crackers English muffin focaccia lavash bread pita bread pizza bread rice cakes rolls sandwich bread tortillas	almond butter apple butter avocado (mashed) banana (mashed) brie cheese cashew butter cream cheese goat cheese honey hummus jam (spreadable fruit) ketchup mayonnaise/mustard peanut butter pesto pizza or tomato sauce pumpkin butter	carrots (shredded) cheese (low-fat) chicken chicken salad egg salad hard boiled egg nitrite-free hot dogs lettuce shrimp salad sliced avocado sliced cucumber smoked salmon sprouts tofu tuna salad	apples apricots Asian pears avocado bananas blueberries cherries cranberries (dried) dates figs mango papaya pears prunes raisins	grapefruit grapes kiwi melon nectarines orange sections peaches pineapple plums raspberries strawberries tomatoes

Vegetables		Treats	Other	Other Grains
asparagus beets bell peppers bok choy broccoli Brussels sprouts cabbage carrots cauliflower celery cucumbers eggplant green beans green salad	lettuce mushrooms seaweed (nori, wakame, hijiki) shelling peas snap peas soy beans (edamame) spinach squash sweet potatoes yams zucchini	apple crisp applesauce baked chips with salsa dried fruit fruit bar fruit leather granola homemade cookies notes from home popcorn pretzels stickers trail mix vanilla yogurt with fruit	baked tofu bean burrito cottage cheese with fruit garlic toast polenta with pizza sauce and cheese	pasta rice couscous oatmeal bulgur