

# Pack a Healthy Lunch

Tired of the same old thing for lunch?

Keep in mind the Tasty Trio:

Fruits & Veggies, Whole Grains, and Protein.

Include some of these tasty options for lunch and snacks.



Cherry tomatoes, baby carrots, celery

Applesauce

Raisins and other dried fruit

Fresh fruit & veggies

Cut up veggies with low-fat dips

Bread sticks, Granola Bars, Flavored Rice Cakes

Pasta salad with veggies

Whole wheat bread with peanut butter and jelly

Make your own trail mix: cereal, nuts, pretzels, dried fruit, a few chocolate bits

Pretzels, Popcorn, Whole Grain Crackers

Dry cereal

Animal Crackers, Ginger Snaps, Graham Crackers

Tortillas or flat bread wraps with lean meats and cheeses

String cheese



Pudding

Frozen Go-Gurts or drinkable yogurts

Nuts & Seeds: sesame seeds, sunflower seeds, walnuts, cashews, pumpkin seeds, other nuts



Recreation & Parks Department

**It Starts In Parks**

[www.southernpines.net/recreation](http://www.southernpines.net/recreation)