

KOHL'S
Healthy
at Home

Quick, Healthy Lunches

QUICK TIPS

Let children help with grocery shopping, budgeting (for older kids), and packing lunches



Include a positive and supportive note in your child's lunchbox to make their day!

If you're short on time, your child can get a low-cost, healthy lunch at school, camp, or at their summer learning program

Serve only water, low-fat milk, or 100% juice with lunch

MAIN DISHES



Build-Your-Own Pizza:
Whole grain English muffin with tomato sauce, low-fat shredded cheese, vegetables

Whole grain crackers with lean meat/tofu slices, low-fat cheese slices

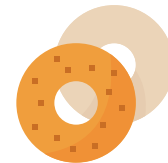
Low-sodium vegetable soup in an insulated container



Peanut/sun butter and berry/banana sandwich with whole wheat bread

Whole-wheat tortilla with low-sodium beans, low-fat cheese, salsa

Brown rice/quinoa/couscous with lean meat, low-sodium beans, edamame, low-sodium teriyaki sauce



Whole grain bagel with low-fat cream cheese

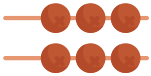
Whole grain waffle sandwich

Whole grain pita bread and hummus

Tuna/chicken salad with Greek yogurt or avocado

Quick, Healthy Lunches *continued*

MAIN DISHES



**Kabobs with chicken/
turkey/ham/tofu cubes,
fruit, vegetables**



**Baked potato/sweet potato
with Greek yogurt, low-fat
cheese, vegetables, salsa**



**Lettuce cup with lean
ground beef/chicken/turkey,
low-fat cheese, salsa**

SNACKS



Whole grain crackers

Pretzels

Trail mix

Baked chips



**Whole wheat graham cracker
with peanut/sun butter or
low-fat cream cheese**

Low-fat string cheese

No-sugar-added apple sauce



**Fruit cup in water or
100% juice**

Whole grain cereal

Dried fruit/raisins

Air-popped popcorn

FRUITS/VEGETABLES



**Celery or carrot sticks with
Greek yogurt dip**

**Cookie-cutter shape
cucumbers, apples, pears,
kiwi, melon, or zucchini**



**Small garden salad with
fresh greens, tomatoes,
carrots**

**Small fruit salad with
berries, bananas, grapes**



Edamame/snap peas

Orange or apple slices

Banana