

Healthy Packing:

Grains	Meat/ Meat Alternative	Dairy	Vegetables	Fruits
Soft Whole Wheat Tortilla	Refried beans	Skim or 1 % Milk, shredded mozzarella cheese	Chopped lettuce, mixed greens and diced tomatoes	Apple Slices
Whole Grain Roll	Lean Turkey	Chocolate Milk	Celery sticks	Orange Wedges
Pita Pocket	Grilled Chicken Slices	Cheese Cubes	Baby Carrots	Seedless Red and Green Grapes
Multi- Grain English Muffin	Ham Slices	Cheese Slice	Cucumber Slices and Cherry Tomatoes	Dried Mangos
Whole Grain Bread	Roast Beef	Cottage Cheese	Lettuce and Fresh Spinach Salad	Bananas and strawberries
Whole Wheat Baked Crackers	Tuna Salad	Skim or 1% Milk	Bell Peppers	Mixed fruit cup
Baked Tortilla Chips	Black Beans and Corn Salsa	Fruited Yogurt	v-8 Juice	Pears and Blueberries
Soft Pretzels	Peanut Butter	Skim or 1% Milk	Fresh Broccoli and Cauliflower	Apricots or Plums
Pita Chips	Hummus	Cheese Sticks	Raw vegetables with light ranch dip	Mandarin orange cup
Whole Wheat Pasta Salad	Mixed Nuts and Sunflower Seeds	Skim or 1% Milk	Fresh Pea Pods	Raisins and Dried Cranberries

Pizza Roll-Up Recipe:

Ingredients:

- 1 8-inch whole-wheat flour tortilla
- 2 T. prepared pizza sauce
- 12 leaves baby spinach
- 3 T. shredded part-skim mozzarella

Preparation:

Place tortilla on a plate and spread pizza sauce over it. Top with an even layer of spinach and sprinkle cheese on top. Carefully roll the tortilla up.

Nutrition:

217 Calories; 7 g fat; 14 mg cholesterol; 26 g carbohydrates; 1 g added sugars; 10 g proteins; 3 g fiber; 427 mg sodium; 18 mg potassium
17% daily value of calcium!