



Lunch Ideas!

For Adults and Kids

Lunch Ideas

- **Pasta Salad:** Easy way to get veggies, healthy fats, whole grains, and protein all in one meal! Each recipe uses a 1 pound box of whole grain or veggie pasta cooked. Enjoy cold or hot.
 - **Greek Pasta Salad:** Whole grain pasta of choice cooked, feta, olive oil or Italian vinaigrette, tomatoes, kalamata olives, cucumber, onion, and grilled chicken. Season with salt, pepper and Italian seasoning.
 - **Tuna Casserole Salad:** Whole grain pasta of choice cooked, 2 cans of drained tuna, equal parts plain Greek yogurt and cream of mushroom soup (½ c. each), ½ of a lemon's juice, ½ c. peas, ½ c. chopped cooked carrots, ½ c. celery, ¼ c. onion, and salt and pepper.
 - **Pesto Pasta Salad:** Whole grain pasta of choice cooked, 1/3 c. pesto (drizzle some olive oil if pesto dries out once pasta is mixed), 1 c. sun dried tomatoes, 1/4 c. chopped onion, 1 c. spinach, mozzarella pearls, salt and pepper to taste and chicken or shrimp.
- **Fajita Bowls:** Sautee in a large pan 1 green, 1 red, 1 yellow bell pepper sliced, and ½ of a red onion w/ 2 Tbs. olive oil. Season with sprinkling cumin, garlic salt, and pepper over top (add chili pepper for additional spice) Portion out sautéed veggie with ½ c. of cooked brown rice or quinoa, choice of protein (chicken, black beans, steak, or shrimp) and garnish with a lime wedge, salsa and sour cream/plain Greek yogurt.

Kids Lunch Packing Tips

- **Invest in sectional lunch containers.** This is an easy way to make the food you pack look appealing, portion control items, and helps you save on buying plastic baggies. Cut food into fun shapes if you have time!
- **Ask your child** what parts of lunch they like. Sometimes there are items you are packing that go to waste and could be substituted with an option they actually like.

- Items to pack: fresh fruit, crunchy veggies with a dip (hummus, ranch, honey mustard), sliced meat, hardboiled egg, nut butter, string cheese or grated cheese, yogurt, milk, whole grain bread, pita or flat bread. Quesadillas, mini pizzas, chicken salad, sandwich