



# Back to School Lunchbox Tools

## Building Lunches

### Equipment

**Bentology-Planetbox-Bentgo  
Thermos  
Bamboo Silverware Set**



### Capture Good Balance

**Aim for 4-5 food groups at meals**

**Dairy:** Cheese sticks, frozen yogurt tubes, cottage cheese, milk

**Protein:** Nuts, nut butters, jerky, deli meat

**Fruits:** Dried fruit, fresh fruit, smoothies

**Veggies:** Salsa, Veggies & Dip, Lettuce Wrap, Sweet Potato chips

**Grains:** Whole wheat bread, wraps, crackers



### Ingredients: More of This/ Less of That

**Veggie Powders (Beet, Spinach) other food colorings**

**Red 3&40  
Blue 1&2  
Yellow 5&6**

**Vitamin C&E  
Rosemary Extract,  
Vinegars**

**HFCS, Nitrites,  
Sulfites, Partially hydrogenated oils, TBHQ**

### Fun Foods are Important

**Offer Once a Week**

**Don't – just +**

**Cookies + Milk**

**Whipped Cream + Fresh Fruit**

**Dark Chocolate + Nuts**



# Tips

## Lunchbox Ideas

**Tortilla (Coconut, Wheat, Etc) +  
nut/seed butter+fresh sliced  
bananas or strawberries+carrots  
+yogurt dip**

**Triscuits+Deli Meat+Cheese+  
Jam+Olives+Apple Slices**

### Leftovers

**Deli Meat+Mustard+Cheese+  
Lettuce Wrap+Sweet Potato  
Chips+Cutie**

**Tuna Salad+Crackers or Rice  
Cakes+Melon  
(Cut in shapes if  
desired)+Celery with nut  
butter & raisins**

**Toss sliced  
apples in OJ to  
keep from  
browning**

**Freeze yogurt  
tubes so they  
are just thawed  
at lunch time**

**Allow kids to  
eat at school  
once a week or  
every other  
week**

**Sneak a fun  
food in the  
lunchbox once a  
week**

## Natural Sweets

**Naturalcandystore.com  
Yumearth.com**



## Grocery Store Favorite

**Aldi's**

