

## SAMPLE MENU FOR ONE WEEK\*

### MONDAY

Better Food Lunches (no cooking)

- Nut Thin Crackers or other crackers with NO hydrogenated oils
  - White cheese slices or mozzarella sticks – low-fat (Horizon, Organic Valley, Cabot)
  - Baby carrots or Baby carrots with Ranch dressing (Earthbound Farms)  
Place above three items into separate small air-tight containers or baggies
  - Bar (Health Valley Fruit Cobbler)
  - Bottle of spring water or Vitamin Water
- 4+ COLORS: tan, white, orange, fruit color of bar, + color of Vitamin Water  
5 FOOD GROUPS: Nuts, dairy, vegetables, fruit, water  
(Protein, Fats, Complex Carbohydrates)

### TUESDAY

Pita Fillers and Delicious Apples (no cooking)

- Pita bread, ½ half, opened
  - Canola mayonnaise or Vegenaise (spread on insides of pita bread)
  - Slice of additive-free chicken or turkey (Applegate Farms, Wellshire Farms, Boar's Head Oven Gold)
  - Lettuce leaves (dark green!)
  - Paprika (sprinkle on slices of poultry)  
Spread mayonnaise inside pita bread. Fill pockets with chicken or turkey, lettuce and sprinkle with paprika.
  - Apple, red or yellow delicious (Apple slices, Earthbound Farms)
  - Rice milk (Rice Dream), vanilla (in lunch box size)
- 4+ COLORS: tan, white, green, red, + possible yellow apple  
5 FOOD GROUPS: Whole-grains, essential fatty acids, poultry, vegetables, fruit (Complex Carbohydrates, Fats, Protein)

### WEDNESDAY

Wrap Leftovers and Dried Fruit (no cooking)

- Tortilla (whole-grain)

- Spread (canola or Earth's Best), spread on one side of tortilla
  - Tuesday's dinner leftovers  
Cover half of tortilla with leftover and roll it up or fold burrito style.
  - Dried fruit (fruit leather "Stretch Island" or combination of dried fruits such as cranberries, raisins, and bananas)
  - Bottle of spring water or Vitamin Water<sup>3+</sup> COLORS: tan, white, colors of leftovers, fruit colors
- 4 + FOOD GROUPS: Whole-grains, essential fatty acids, fruit, water, plus "leftover" food groups (Complex Carbohydrates, Fats, plus what is in leftovers)

## THURSDAY

Nut Butter/ Honey Sandwich and Veggie Dip (no cooking)

- Whole-grain bread, two slices
- Peanut or almond butter (ingredients: nut butter and a little salt, only)
- Raw Honey  
Spread nut butter on one and honey another side of bread. Close together and cut into four triangle.
- Slices of bell peppers (all colors!)
- Baby carrots  
Place peppers and carrots in baggies • Ranch other dressing of choice (low-sodium) for dipping  
Place in small air-tight container
- 100% fruit juice (Apple & Eve "Sesame Street"), lunch box size

5+ COLORS: tan, brown, golden, orange, juice color, plus bell pepper colors  
5 FOOD GROUPS: whole grains, nuts, sweet, vegetables, fruit

## FRIDAY

Thermos Fillers and Fresh Fruit (heat only)

- Prepare and warm one of the five following suggestions:
    - Macaroni and cheese (Annie's)
    - Burritos or pocket sandwiches (Amy's)
    - Chicken Nuggets (Bell & Evans)
    - Soup (Walnut Acres) – not too much sodium
    - Thursday night leftovers
  - Red grapes or blueberries (fresh)
  - Bottle of spring water or Vitamin Water<sup>3+</sup> COLORS: Color of chosen thermos filler, red and/or blue, chosen  
Vitamin Water color
- 3+ FOOD GROUPS: Thermos fillers food groups, whole-grains, fruit, water (Complex Carbohydrates, and food groups of thermos filler)

## ALTERNATE LUNCH

### Tuna Salad Sandwich and Fruit Sauce (no cooking)

- 1 can tongol tuna (less mercury than albacore tuna)
  - Canola mayonnaise or Vegenaise (to taste)
  - Finely chopped celery (1/2 cup)
  - Parsley (couple of sprinkles)
  - Paprika (couple of sprinkles)
- Mix together very well until smooth (eliminate chunks)
- Whole-grain bread
- Spread additional mayonnaise on both sides of bread. Spread tuna mixture on one side of bread, cover with other slice of bread. Cut into four triangles.
- 100% fruit sauce (no added sugar) – apple, apricot, or fruit mix
  - Organic milk (Organic Valley, Horizon)

4+ COLORS: tan, white, green, red, plus fruit color

6 FOOD GROUPS: fish, essential fatty acids, vegetables, whole-grains, fruit, dairy  
(Protein, Fats, Complex Carbohydrates)

## BETTER FOOD CHOICES SOLUTIONS

- Better Choices Grocery List (Chapter 13) takes the stress out of food shopping
- Kid Critics Approved products and recipes (also see CD cookbook) are taste-test approved by kids 5-14 years. Moms know the odds are that their kids will like these foods – takes the stress out of feeding kids!