



Lunch Possibilities!

Monday

- 1 whole wheat pita with lettuce, grilled chicken and light Caesar dressing; baby carrots; an apple and 1 cup skim milk

Tuesday

- Tomato and cucumber salad with olive oil and vinegar; tuna salad on pita; baby carrots, an apple and 1 cup skim milk

Wednesday

- Garden salad with salmon (vacuum packed), tomato, cucumber and baby carrots; an orange; 1 serving broth based low sodium soup; ½ whole wheat pita and 1 cup of skim milk.

Thursday

- 1 can broth based low sodium soup; grilled chicken on a bed of romaine lettuce with sliced apple and light vinaigrette; 1/4 whole wheat pita and 1 cup skim milk

Friday

- Salmon lettuce wraps with light sesame Asian dressing; 1 serving broth based low sodium soup; an orange; 1/4 whole wheat pita and 1 cup skim milk

Other Nutritious and Delicious Lunch Ideas!

1. Lean deli meat on whole wheat bread with reduced fat cheese lettuce, tomato and low fat mayo; a banana; cucumbers and broccoli with low fat dip
2. Whole wheat pasta salad with chickpeas and veggies of choice (use light Italian dressing or fat free vinaigrette; an apple and 1 cup skim milk
3. A green salad with canned chunk light tuna, shredded carrots, pepper slices, tomato wedges, beans (your choice) and dried cranberries with balsamic vinaigrette; and cup of skim milk
4. Peanut butter and banana sandwich on whole wheat; baby carrots and fat free yogurt
5. Whole wheat tortilla roll with sliced deli turkey, reduced fat cheese, pepper strips and lettuce leaf. Chill ahead of time and slice into bite size pieces; seasonal fruit and cup of skim milk
6. Asian chicken salad made with grilled chicken breast, lettuce, peapods, carrots, mandarin orange slices (packed in water or juice), light sesame Asian dressing; 1 small whole wheat roll and 1 cup skim milk
7. Whole wheat tortilla wrap made with hummus, lettuce, sliced tomatoes, feta cheese; 1 cup fat free yogurt; 1 small piece of seasonal fruit.
8. Whole wheat pita or wrap with fat free vegetarian refried beans, salsa, lettuce, tomato and reduced fat cheese and an orange