



HEALTHY LUNCH TIPS

- The more fruits and veggies the better! Choose a variety to ensure you are getting all the nutrients you need
- Choose lean meats like chicken, fish and turkey
- Choose healthier, oil-based dressings and sauces
- Choose whole grain versions of bread and pasta



SANDWICH IDEAS

- Whole wheat wrap with chicken, roasted red peppers, balsamic vinaigrette and feta cheese
- Breakfast wheat toast with chicken, melted cheddar, tomato, onion and lite mayo
- Whole wheat wrap with cucumbers and carrots from the salad bar, tuna and lite mayo
- Whole wheat wrap with veggie burger, veggies from the salad bar (cucumber, sprouts, carrots, peppers) and chipotle sauce



OTHER MEAL IDEAS

- Salad packed with veggies from the salad bar and chicken with balsamic vinaigrette and cup of fruit
- Salad with sweet potato as a side
- Salad with veggie burger and cup of fruit
- Chicken, sweet potato and side salad
- Veggie burger with salsa and side salad
- Chicken, roasted veggies and cup of soup (avoid cream based)