

Balanced Brown Bags Packed with Fun!

Sending your child to camp with a balanced lunch will help ensure that he/she has enough energy to enjoy all of the fun activities we have planned for the summer! Here are the USDA's recommendations for a healthy, well-balanced lunch, along with a few suggestions from each food group.

USDA's Components of a Balanced Brown Bag

- 1 food from the protein group
- 1 food from the carbohydrate group
- 1 food from the milk group
- 1 food from the fruit group AND 1 food from the vegetable group (or 2 foods from the fruit group or 2 foods from the vegetable group)



Vegetables

Baby carrots
Grape tomatoes
Red/yellow pepper rings
100% tomato juice
Fresh cauliflower
Fresh Broccoli
Cucumber slices
Tossed salad
Marinate veggies in Italian dressing
Salsa



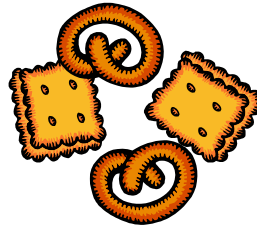
Milk/Dairy

Low-fat milk (flavored works!)
Low-fat yogurt
String cheese
Cheese cubes
Sugar-free pudding
Cottage cheese (mix w/ fruit!)
Flavored cream cheese



Carbohydrate

Bread sticks
Rice cakes
Pita pocket
Baked chips
Pretzels
Muffins
Graham crackers
Popcorn
Bagel/bagel crisps
Dry cereal
Sesame snack sticks
Cereal bars
Low-fat crackers
Chips & salsa
Any type of bread
Pasta salad

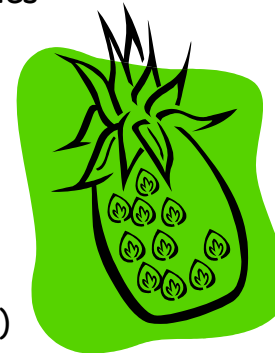


Protein

Smoked turkey
Lean ham
Lean roast beef
Peanut butter
Cocktail peanuts
Sunflower seeds
Hard-boiled eggs
Tuna (water-packed)
Chicken breast
Hummus & pita
Egg salad

Fruits

Kiwi
Strawberries
Frozen grapes
Sugar-free apple sauce
Pears
Cantaloupe
Box of raisins
Dried fruit (try cherries!)
Individual snack-cups
Melon balls
Cherries



"Once-in-a-while" (1-2 times/week)

Jello
Handful of M&M's
2 mini candy bars
3 hersey kisses
Granola bar
Licorice
Handful of jelly beans
Iced animal crackers
Banana bread
Ginger snaps
Vanilla wafers
Oatmeal cookie
Juice box

