







Healthier Lunch Box






grain products

2 lunchtime servings provide protein, carbohydrates, fibre, B vitamins, iron, zinc and magnesium.

Food Idea	1 Serving	Tips
sliced bread 	1 slice	Cut sandwiches in strips or with a cookie cutter to make fun shapes.
cold cereal 	30 g	Pack favourites like SHREDDIES or HONEYCOMB Cereal in a portable container and send with milk for breakfast at lunchtime!
MINUTE Rice 	1/2 cup	Use leftover rice to make a complete meal salad - chop in some veggies and cheese then stir in some KRAFT Ranch Dressing for extra zip.
HONEY MAID Graham Crackers 	4	Send a couple of SINGLES Slices to top crackers or a JELL-O Pudding Snack for dipping.
tea biscuit 	1 small	Add a handful of chopped ham and some shredded cheese into the dough when making biscuits and you'll cover the protein part of lunch as well.
popcorn 	1-2 cups	Pack in a plastic bag and add a few shakes of KRAFT 100% Parmesan Grated Cheese.

milk products

1 lunchtime serving provides protein, fat, vitamins A and D, some vitamins B, calcium, zinc and magnesium.



Food Idea	1 Serving	Tips
KRAFT Cheese (Mozzarella, Swiss, Brick or CRACKER BARREL Cheddar) 	3 x 1 x 1 in. piece or a handful of shredded cheese	Cut into strips and send with a container of salsa for dipping.
SINGLES Slices 	2	Press wrapped slice with a cookie cutter or a knife to cut into fun shapes.
yogourt 	3/4 cup	Pack in an insulated lunch bag to keep fresh until lunchtime.
JELL-O Instant Pudding 	1/2 cup	Freeze in individual container with a wooden stick and pack with a cold pack to keep cool.
CHEEZ WHIZ Spread 	1/4 cup	Send spread in a disposable container with a wooden stick to spread on crackers or tortillas.



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meat and alternatives

1 lunchtime serving provides protein, fat, B vitamins, iron, zinc and magnesium.

Food Idea	1 Serving	Tips
sliced ham, turkey, beef or luncheon meat	 2 slices	Roll up slices and pack ketchup, mustard or salsa for dipping.
chickpeas or kidney beans	 1/2 cup	Purée with some KRAFT Creamy Caesar Dressing for an easy hummus spread or as a dip for crackers or pita bread.
chicken nuggets or fingers	 2-3 (50-100 g)	Make nuggets with SHAKE 'N BAKE Coating Mix the night before. Then pack with a dip like KRAFT Ranchers Choice Dressing or CHEEZ WHIZ Spread.
chicken, beef or pork (leftovers from roast)	 50-100 g	Chop and mix with MIRACLE WHIP Salad Dressing and diced celery for a tasty pita filling.

food combinations

Some foods that provide more than 1 Food Group Choice.

	KRAFT DINNER Macaroni & Cheese = 2 grain, 1 milk product	
	DELISSIO Rising Crust Pizza (2 small slices) = 1 vegetable and fruit, 1 grain, 1 milk product	
	taco (1 large) = 1 grain, 1 meat and alternatives, 1 vegetable and fruit, 1/2 milk product	
	chicken fingers (6) = 1 meat and alternative, 1/2 grain	

vegetables and fruits

2 lunchtime servings provide carbohydrates, fibre, vitamins A and C, some B vitamins, iron and magnesium.

Food Idea	1 Serving	Tips
carrot	 1	Mix a shredded carrot with raisins and some KRAFT Creamy Cucumber Dressing for a shredded salad.
broccoli, pepper strips or cauliflower	 1/2 cup	Send a container of dip like PHILADELPHIA Dips or KRAFT Rancher's Choice Dressing to add extra calcium and make veggies more delicious.
salsa	 1/3 cup	A great dipper for cheese sandwiches, crackers, veggies or cold chicken fingers.
apple or banana	 1=2 servings	Cut into pieces, then pack in a plastic bag with a spoonful of orange juice to prevent browning. For a treat, pack some pudding for a dippable dessert.
kiwi	 2	Cut off the top of kiwi and place in a plastic bag. Include a plastic spoon so the kids can dig in by scooping out the yummy flesh like a hard boiled egg.

