



Back-to-School Nutrition Tips



It's so important to provide children with foods that are nutritious when it comes to heading back to school. Nutrition provides children with the energy they need for the full school day as well as helps them academically.

- Shop together – choose a few healthy options for each food group. This is helpful to get picky eaters to try new foods, and actually eat the meals that you both picked together.
- Consider using the least busy day of the week to organize the menu for school lunches.
- Prep ahead and give your child an age-appropriate task, such as washing and cutting up fruits and vegetables. Portion out items into baggies for easy grab and go items. Consider freezing some of the items the night before to act as an ice pack.



Here is a weeks worth of lunch ideas:

Monday: Peanut butter and sliced apple (or banana) "quesadilla"

Spread 1 to 2 tablespoons of natural peanut butter or soy nut butter on a whole wheat tortilla. Top with apple or banana slices (or both!). Fold in half. Serve with a glass of low-fat milk and a stick of string cheese.

Tuesday: Mexican chicken pita

Whole wheat pita filled with 2 to 3 ounces of chicken pieces (grilled or baked), lettuce, 2 tablespoons of shredded cheddar cheese and salsa. Serve with a low-fat yogurt and orange slices.

Wednesday: Turkey pretzel wrap

Two to three ounces of turkey pieces, avocado slices, and pretzel sticks in a whole wheat wrap. Serve with baby carrots, cherry tomatoes and 2 tablespoons of low-fat ranch dressing for dipping.

Thursday: Salmon salad pita

Two to three ounces of canned wild salmon mixed with plain Greek yogurt and chopped celery in a whole wheat pita. Serve with baby carrots and grapes.

Friday: Pizza roll-ups

Whole wheat tortilla spread with tomato paste, topped with ¼ cup of shredded mozzarella cheese and baby spinach leaves. Roll and slice into pieces. Serve with bell pepper sticks and 2 tablespoons of hummus.

[Reference](#)

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