



Lunch Suggestions and Nutritional Guide

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Packing a lunch each day can be a tedious chore. Here are some suggestions for packing a healthy lunch for your child to carry to SHADES of Development each day during full-day care. These suggestions are based on the guidelines outlined by the Department of Human Services and the Tennessee Department of Health and Environment.

1. A packed lunch should give your child the same nutrients as a hot lunch. Especially important are vitamin A, vitamin C, and iron. Food sources for these are listed below.
2. Include food that your child can handle easily. Finger foods such as bite size sandwiches, bite size fruit pieces, and carrot sticks are good examples.
3. Pack your child's lunch in an insulated lunchbox. Use a thermos for soups and milk. Please remember that microwave and refrigeration access is not available. Clean and save plastic containers to pack fresh vegetables, canned fruits, and salads. Provide plastic silverware and a napkin (no knives please.)
4. If your child does not have an insulated lunch box with an ice pack, avoid packing foods that contain eggs, milk, lunchmeat, or other items that require refrigeration.

EACH DAY INCLUDE AT LEAST ONE (1) ITEM FROM EACH OF THE FIRST FOUR GROUPS:

Protein Rich Sandwich/Food

5-8 year olds	9-12 year olds	Over 12 years of age
1 ½ ounces	2 ounces	3 ounces

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| <ul style="list-style-type: none"> ☺ Ham ☺ Turkey ☺ Chicken ☺ Roast beef ☺ Tuna or Salmon | <ul style="list-style-type: none"> ☺ Egg with bread ☺ Egg Salad ☺ Chili ☺ Meatloaf ☺ Cheese | <ul style="list-style-type: none"> ☺ Peanut Butter ☺ Beef Stew ☺ Hotdogs ☺ Leftover chicken or meat from a pervious meal |
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If you use meat that is not in a sandwich, always include bread or crackers.

Bread

5-8 year olds	9-12 year olds	Over 12 years of age
½ of a slice or one each	½ of a slice or one each	½ of a slice or one each

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| <ul style="list-style-type: none"> ☺ Loaf Bread ☺ Cornbread ☺ Buns ☺ Banana Bread | <ul style="list-style-type: none"> ☺ Muffins ☺ Biscuits ☺ French Bread | <ul style="list-style-type: none"> ☺ Roll ☺ Raisin Bread ☺ Crackers |
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Vegetables and Fruit

5-8 year olds	9-17 year olds
½ cup of each, or	¾ cup of each, or
¼ cup fruit and	½ cup fruit and
¼ cup vegetables	½ cup vegetables

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|------------------------------|------------------------|----------------|
| ☺ Cabbage | ☺ Grapes | ☺ Plum |
| ☺ Carrots | ☺ Raisins | ☺ Pineapple |
| ☺ Celery | ☺ Apricots | ☺ Cantaloupe |
| ☺ Lettuce | ☺ Pears | ☺ Tangerines |
| ☺ Tomatoes | ☺ Apples or Applesauce | ☺ Strawberries |
| ☺ Cauliflower | ☺ Dried Fruit | ☺ Bananas |
| ☺ Cucumber | ☺ Oranges | ☺ Watermelon |
| ☺ Green Pepper | ☺ Fruit Cocktail | ☺ Canned fruit |
| ☺ Any cook vegetable or soup | ☺ Peaches | |

Milk

Always include at least one (1) cup of milk in a thermos for school-age children. Do not include carbonated beverages or glass containers.

Dessert (optional)

Provide anything of your choice. Keep it simple – cookies, plain cake, pudding, fruit gelatin. Desserts are not required, but they do help meet the child’s need for calories.

EASY TO PACK SOURCES OR VITAMINS A, C, AND IRON

Vitamin A (3 days a week)	Vitamin C (1 per week)	Iron (as often as possible)
Liver – fried or liverwurst	Orange – juice or fresh	Liver
Eggs – hard cooked, deviled, salad	Grapefruit – juice or fresh	Enriched Breads
Carrots	Tangerine	Enriched Cereals
Tomatoes	Cantaloupe	Lean Meats
Apricots	Strawberries	Raisins
Cantaloupe	Cabbage	Dried Fruits
Broccoli	Green Pepper	
Green Peppers	Spinach	
Spinach	Tomatoes	
	Broccoli	
	Cauliflower	

Buying tips for packing lunches

1. Buy all meat hotdogs and cold cuts. Leftovers are more economical when possible.
2. Buy fresh fruits in season
3. Pre-portioned fruit cups and pudding are more expensive than preparing your own.
4. Avoid buying salty potato chips and other salty snack foods.
5. Avoid buying candy.
6. Avoid buying cakes, pies, and cookies that have icing, sugar coatings, or fillings.