

Back to School Lunchbox: Lesson 1

Skip the Sugar. Pack a **Power Lunch!**

Children need the power of protein to keep their energy consistent during school. Too much sugar can create highs and lows, which can cause them to lose focus during the day.

Kid-friendly Powerful Protein Ideas

Nut butter and jelly sandwich



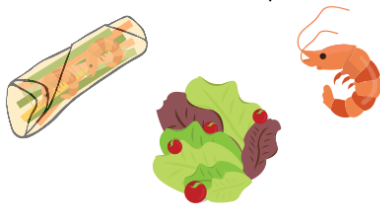
Whole grain bean and cheese burrito



Baked chicken or fish with brown rice



Spring rolls with veggies and shrimp



Greek yogurt with fewer than 12 grams of sugar



Cheese stick with apples and whole grain crackers



Kid-friendly Beverage Ideas

[Click here for other healthy beverage ideas!](#)

Rainbow water
(water with fruits and veggies)



Unflavored Milk



Sparkling Juice
(up to 4 oz juice plus seltzer)

