

KOHL'S  
Healthy  
at Home

# Quick, Healthy Lunches

## QUICK TIPS

Let children help with grocery shopping, budgeting (for older kids), and packing lunches



Include a positive and supportive note in your child's lunchbox to make their day!

If you're short on time, your child can get a low-cost, healthy lunch at school, camp, or at their summer learning program

Serve only water, low-fat milk, or 100% juice with lunch

## MAIN DISHES



**Build-Your-Own Pizza:**  
Whole grain English muffin with tomato sauce, low-fat shredded cheese, vegetables

Whole grain crackers with lean meat/tofu slices, low-fat cheese slices

Low-sodium vegetable soup in an insulated container



Peanut/sun butter and berry/banana sandwich with whole wheat bread

Whole-wheat tortilla with low-sodium beans, low-fat cheese, salsa

Brown rice/quinoa/couscous with lean meat, low-sodium beans, edamame, low-sodium teriyaki sauce



Whole grain bagel with low-fat cream cheese

Whole grain waffle sandwich

Whole grain pita bread and hummus

Tuna/chicken salad with Greek yogurt or avocado

## Quick, Healthy Lunches *continued*

### MAIN DISHES



**Kabobs with chicken/  
turkey/ham/tofu cubes,  
fruit, vegetables**



**Baked potato/sweet potato  
with Greek yogurt, low-fat  
cheese, vegetables, salsa**



**Lettuce cup with lean  
ground beef/chicken/turkey,  
low-fat cheese, salsa**

### SNACKS



**Whole grain crackers**

**Pretzels**

**Trail mix**

**Baked chips**



**Whole wheat graham cracker  
with peanut/sun butter or  
low-fat cream cheese**

**Low-fat string cheese**

**No-sugar-added apple sauce**



**Fruit cup in water or  
100% juice**

**Whole grain cereal**

**Dried fruit/raisins**

**Air-popped popcorn**

### FRUITS/VEGETABLES



**Celery or carrot sticks with  
Greek yogurt dip**

**Cookie-cutter shape  
cucumbers, apples, pears,  
kiwi, melon, or zucchini**



**Small garden salad with  
fresh greens, tomatoes,  
carrots**

**Small fruit salad with  
berries, bananas, grapes**



**Edamame/snap peas**

**Orange or apple slices**

**Banana**