

Backpack Lunches For Kids

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**FROM THE SALGE BLAKE FAMILY DICTIONARY, SECOND EDITION:
FRUSTRATION (FRES-TRA-SHEN), NOUN 1: WHEN YOUR KID BRINGS HOME
HIS OR HER SCHOOL LUNCH POUCH WITH THE SANDWICH, BOX OF RAISINS,
AND NAPKIN UNTOUCHED. 2: USUALLY EXPERIENCED BY A PARENT.**

Let's face it, at the end of the school day, when you remove your child's lunch bag and find that not one tiny morsel was eaten, you probably don't know whether to scream or cry. You want to scream because all your good efforts seem to be for naught. You want to cry because you know that your ravenous child hasn't eaten since 7:30am, and it's now 3:30pm.

After too many of these late-afternoon sessions, I smartened up and had a fireside chat with my son. When negotiating what to pack for school lunch, follow my ABCs:

Ask your child what he or she wants for lunch.

Be firm and make sure that the majority of it is healthy.

Compromise a smidgen in the supermarket.

Armed with my nutrition know-how, and some major lobbying efforts on both sides, we came up with four acceptable, kid-approved, and Mom-approved lunches. (On Friday's, all moms should take the day off. Pack lunch money.) Don't forget daily milk money:



Mexican Monday

Baked whole grain tortilla chips
Fresh salsa
Cheddar cheese, reduced fat, wedges
Clementine
Low-fat milk



Roll-Up Wednesday

Roast beef
Light cheddar cheese
Mayonnaise
Lettuce
Whole wheat wrap
Carrots sticks (1 cup)
Light Italian salad dressing (2 tablespoons)
(Packing tip: Pour salad dressing in bottom of small container. Stack carrots sticks on top. Cover.)
Grapes
Low-fat milk



Thanksgiving Tuesday

Homestyle turkey breast*
Cranberry sauce
Light mayonnaise
Lettuce
Whole wheat roll
Craisins
Low-fat milk

(Cook a turkey breast for dinner on Sunday. The extra makes for lunches that taste like Thanksgiving leftovers.)



B.O.B. (Big on Bagels) Thursday

Whole grain bagel
Light cream cheese
Mozzarella sticks, two
Red pepper with light Ranch dressing
New England apple
Low fat milk

Eat Out Friday

Pack money!