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:

A sk your child what he or she wants for lunch.

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

C ompromise 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

**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.)

**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

**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!