Options for a Healthy Lunchbox

1. Turkey sandwich on whole wheat bread, lettuce, fruit, water
2. Egg salad sandwich on whole wheat bread, lettuce, fruit, water
3. Tuna or chicken sandwich on whole wheat bread, lettuce, fruit, water
4. Nonfat greek yogurt, fruit, salad, water
5. Crunchy peanut butter sandwich on whole wheat bread, low fat cheese, fruit, water
6. Whole wheat English muffin, tomato sauce, chopped carrots, peppers, low fat mozzarella cheese, fruit, water
7. Chicken salad (add: lettuce, tomato, cucumbers, onions, peppers), fruit, water
8. Baby carrots, low fat cheese, whole grain crackers, fruit, water