

## More healthy lunch suggestions...



- ◆ Ants on a log (celery stick with peanut butter and raisins)
- ◆ Plain pasta (better: whole wheat pasta) with olive oil and parmesan cheese
- ◆ Wrap sandwiches - soft whole wheat tortilla with, for example, chicken, shredded carrot, spinach leaves, shredded cheese and ranch dressing
- ◆ Cheerios (plain or multigrain) and raisins - possibly to mix with

yogurt or just eat from a bag, or other healthy dry cereals and some types of granola

- ◆ Whole grain bread with lunchmeat and/or cheese, or peanut butter and "spreadable fruit" jelly (this kind has no sugar added)
- ◆ Mini bagels—they, too, come in whole wheat—topped with cheese
- ◆ Whole grain bread, whole wheat tortillas, whole wheat English muffins
- ◆ Waffles, pita bread (whole wheat/whole grain are available in stores)
- ◆ Granola or cereal bars - sometimes these are loaded with sugar, so check ingredients carefully.
- ◆ Crackers—Triscuits, wheat thins, whole grain crackers, goldfish.

Need more ideas? Check out: <http://kidshealth.org/>

Check out our Nutrition page on our school website at [www.rilkeschule.org](http://www.rilkeschule.org) for other helpful ideas. Send in your ideas for healthy lunches to [info@rilkeschule.org](mailto:info@rilkeschule.org) and we will add them to the school website!!

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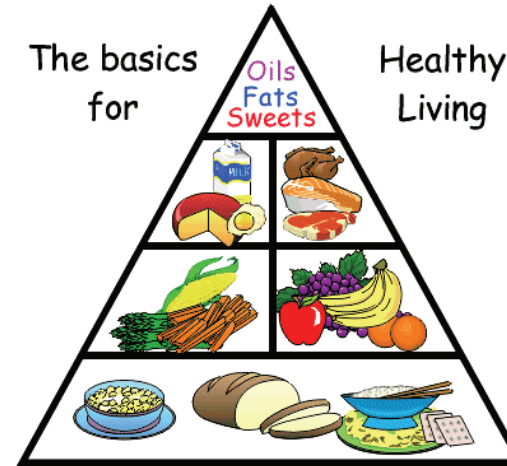
**Rilke Schule**  
German School of Arts & Sciences

## Eat smart! Be healthy!

Guidelines & Ideas for Preparing  
Nutritious & Healthy School Lunches



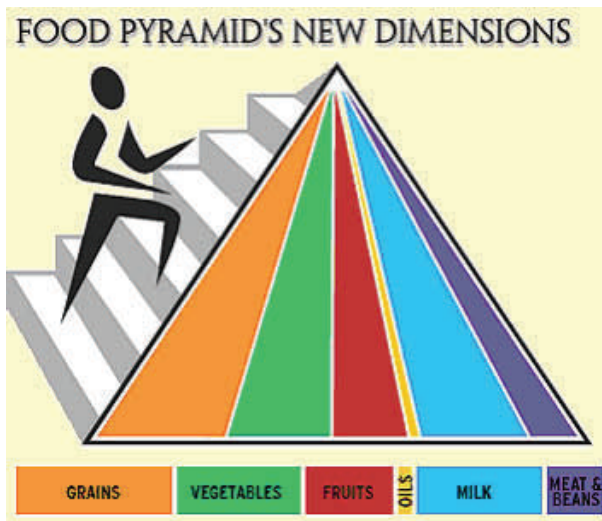
"High Fiber Foods"



### *Rilke Schule Nutrition Policy*

Students bring their own lunches and eat in either their classrooms or a multi-purpose room at the school. Rilke Schule advocates and promotes a healthy food policy. No candy, cookies, cake, puddings, other sugary food or fried chips are allowed in lunches or snacks. Milk, 100% fruit juice, and water are acceptable drinks; no soda pop is permitted.





**A**t Rilke Schule we believe in healthy living through eating nutritious food and engaging in regular exercise.

We have created this pamphlet to help our parents prepare healthy snacks and lunches for their children. The goal of our nutrition policy is to help parents develop lifelong healthy eating habits with their children.

Teach your children about healthy foods—whole grains, vegetables, fruits and milk as the foundation of their diet for healthy living. Important things to avoid are foods high in corn syrup, sugar, sodium, fat and other processed ingredients. There are many great resources out there to help you learn about food labeling and healthy food. Be sure to check out <http://www.fda.gov/Food/LabelingNutrition/ConsumerInformation/ucm078889.htm> and other resources on the school web site for more information.

If children bring inappropriate food for lunch to school, teachers will ask children to return it to their lunch boxes and save it for the afternoon after they have left Rilke Schule.



## What should I pack in a Rilke lunch? Here are some suggestions you can try!

- ◆ Fresh fruit (apples, melons, grapes, orange slices, bananas, strawberries...)
- ◆ Canned fruit - look for the kind packed in natural juices instead of syrup
- ◆ Dried fruit - such as apricots, raisins, figs, plums...
- ◆ Applesauce - look for the kind without added sugar or corn syrup
- ◆ Apple slices or chunks with cinnamon to hide any browning.
- ◆ Cheese: sticks, cubes, slices, or shredded
- ◆ Tuna, or other delicious fish, like smoked salmon
- ◆ Cottage cheese
- ◆ Sliced lunchmeat (ham, turkey, roast beef, chicken), in a sandwich or just rolled up by itself, or rolled around a cheese stick.
- ◆ Chopped chicken, ham, turkey, or slices of pepperoni or salami
- ◆ Peanut butter (on whole grain bread, or as a dip or spread for apples or crackers)
- ◆ Hard-boiled eggs
- ◆ Yogurt - look for all natural or organic kinds, they have less sugar and sometimes no corn syrup.
- ◆ Cream cheese spread for bread or crackers (herbed or plain)
- ◆ Mini-carrots, broccoli, celery, cauliflower, etc. with ranch dressing)
- ◆ Olives, whole or sliced