

A HEALTHY LUNCH CAN HELP YOU LEARN!

Certain foods can assist with focus and memory so make sure to pack a lunch that includes protein, fruits and vegetables to boost brain power.

MAIN:

Pita bread with hummus, bean chili, sandwiches (tuna, egg, turkey, vegetarian), soup, sushi, leftover pasta, tortilla wrap with peanut butter or chicken salad, rice cakes with avocado and tomato.

FRUIT & VEGETABLES:

Grapes, watermelon, apple slices, blueberries, cantaloupe, pineapple slices, cherries, mandarin oranges, cucumber slices, carrot and celery sticks, grape tomatoes, snap peas, cauliflower with dip.

SIDES:

Hard-boiled eggs, pretzels, multi-grain crackers and cheese, yogurt, nuts, string cheese, tortillas with salsa, popcorn.

BEVERAGES:

Water, milk, low sugar juice, coconut water.

