

Build-a-Lunch-Box

Packing a healthy lunch for your child (or yourself) doesn't have to be difficult. Use this guide below to pack a well-rounded lunch with tons of flavor and without tons of calories.

BREADS/BASES

5 Reduced Fat Ritz® Crackers	70 cal
2 slices light bread	80 cal
1 Kim's Light Pita	60 cal
18 Kim's Light Bagel Chips	80 cal
1 Kim's Light Flatbread	100 cal
1oz Fiber Gourmet Wheat Thinables	60 cal
1 Kim's Light Bagel	100-110 cal



MEATS/CHEESES

2 oz light turkey breast	50
2 oz light ham	70
1 oz turkey pepperoni	70
1 oz reduced fat bologna	50
1 slice Kraft® fat-free American Cheese Singles	30
1 oz reduced-fat cheddar cheese	75
1 oz reduced-fat mozzarella cheese	75
1 Laughing Cow® Cheese Wedge	35
1 Sonoma Light Cheese Wedge	25



VEGGIES/FRUITS

½ cup carrots	26
½ cup celery	19
½ cup cucumbers	8
½ cup grape tomatoes	30
1 medium apple	70
1 medium banana	90
1 ¼ cup strawberries	83
1 cup grapes	65

[Dried Fruit Pack](#) up to 60



DESSERTS

¼ box of fat-free, sugar-free pudding, prepare	35 cal
¼ box of sugar-free gelatin, prepared	10 cal
1 oz Carlsbad Oblaten Wafer Cookies	60 cal
2 Haystacks, Kim's	112 cal
1 PB&J Bar, Kim's	84 cal
1 Light Popcorn Ball	88 cal



For a fun alternative to sandwiches, try [Kim's Ham & Cheese Roll-Ups](#)