

Healthy Packed Lunch Vegetarian

Food Cost (approximate): \$3.33

Menu:

Peanut Butter Sandwich:
1Tbl natural peanut butter
1 Tbl jam
2 slices whole grain bread
Organic Valley Stringle (1oz)
Organic Valley fresh apple
Organic Valley single-serve white milk, 1%
6 baby carrots

Provides:

560 total kcals
168 kcals fat
26 grams pro
72 grams CHO
19 grams fat
7.4 grams fiber
6.7 grams sat fat
35 mg chol
254 mg sodium

Percent Recommended Daily Amounts Ages 9-13 years Girls (Boys)

%total kcals: 31 (28%)
%pro: 76% for both
%CHO: 29% (26%)
%fat: 26% for both
%fiber: 29% (26%)
%sat fat: 33.5% (30%)
%chol: 12% (12%)
% sodium: 11%

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