

## LUNCH & DINNER IDEAS



### Pre-Made Platters & Deli Trays

Turkey and cheese roll-up wraps, Signature Café Sandwich tray, Turkey Gobbler with wheat bread tray, Sushi with low sodium soy sauce packets (California rolls, vegetable rolls, salmon or tuna rolls)

- Veggie tray, Fresh Fruit tray

### Sandwiches & Wraps

- Make your own sandwich and/or wrap platters using the following ingredients:
  - Whole grains: whole grain breads, whole wheat pitas, whole wheat or whole grain tortillas, 100% whole wheat Oroweat Sandwich Thins
  - Lean protein selections: turkey, roast beef, chicken, marinated tofu, hummus
  - Veggie toppings: grilled vegetables, bell peppers, lettuce, spinach, tomatoes, cucumbers, onions, sprouts
  - Other: avocado, light Swiss cheese, mozzarella cheese, low-fat vinaigrette dressings, hummus, mustard, light mayonnaise

### Salads

- Made-to-order or ready-made
  - Choose salads made with darker greens (including spinach) over those with primarily iceberg lettuce
  - Look for cheese served separately in a side container and oil based dressings or low-fat creamy dressings also served on the side
- Make your own salad
  - Pre-washed lettuce and vegetables
  - Pre-cooked chicken breast strips or salmon, vacuum packed tuna or tuna canned in water, canned chicken breast packed in water, baked tofu, or lean deli meat
  - Rinsed black, garbanzo, or kidney beans
  - Chopped nuts
  - Fresh or dried fruit
  - Crumbled feta, blue cheese, or Parmesan cheese

- Vinaigrette dressing or low-fat cream based dressing

### Snacks

- Cut-up fresh fruit
- Cut up raw vegetables- plain or offered with fat-free or low-fat salad dressing
- Fully cooked edamame beans
- Pretzels
- Chips: Baked tortilla chips, Sun Chips, Pop Chips, Pita Chips
- Popcorn - air popped without butter or low-fat varieties (5 grams of fat or less/serving)
- Whole grain crackers (5 grams of fat or less/serving): Wheat Thins, Triscuits
- Nature Valley granola bars
- Nutri Grain cereal bars
- Unsalted nuts and nut mixes

### Dips

- Hummus
- Salsa
- Guacamole
- Light cream cheese
- Fat-free or low-fat dressings, preferably vinaigrettes



### Desserts

- Fresh fruit
- Angle food cake with fruit topping
- Fig Newtons
- If you are going to serve high calorie desserts, serve in small portion sizes (cake in 2x2 inch squares, mini brownie bites, small cookies)

### Beverages

- Water, seltzer water ,coffee, and/or unsweetened tea
- Plain nonfat or 1% low-fat milk
- Unflavored soy, rice, or almond milk (SILK, Kirkland Signature, 8<sup>th</sup> Continent, Rice Dream, Almond Breeze)
- 100% fruit or vegetable juice
- Low-calorie beverages such as tea or diet soda with less than 40 calories per 8 ounce serving

These items/products are available at COSTCO and Safeway.

This is not an exhaustive list and is meant to provide suggested food and beverages that meet Santa Clara County Nutrition Standards – 2012.

**Adapted from: Eat Well Berkeley, UC Berkeley's Wellness Program, and City of Berkeley Health Department**

<http://uhs.berkeley.edu/facstaff/pdf/healthmatters/EWBshopbreakfast.pdf>

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