

Back to School Lunchbox: Lesson 2

Pack a **Rainbow** in Your Lunchbox!

Children's brains thrive on fruits and veggies.

Pack at least 3 different colored fruits and veggies to provide a variety of vitamins and minerals.

Add veggies to sandwiches or quesadillas



Add dried fruit to homemade trail mix



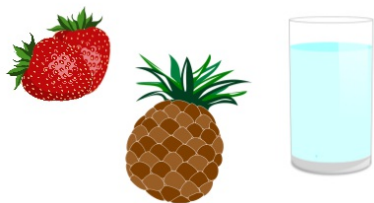
Dip veggies in hummus or low-fat dressing



Add fruit or veggie slices to water to make your own "rainbow water." The possibilities are endless!

[Click here for more fruit-infused recipes!](#)

Very Berry Pineapple Water



Lovely Lemon Lime Water



Super Citrus Mint Water



Have your children pick and help prepare their favorite fruits and veggies for lunch. They will be more likely to eat them at school!