



Menu-On-The-Run



BREAKFAST IDEAS

cereal, raisins, nuts, banana
 FF or LF granola bars
 FF yogurt + fruit
 fruit smoothie
 whole grain toast, light margarine & jam or toast & peanut butter
 banana, cantaloupe, grapefruit &/or fruit juice
 bagel + FF cream cheese w/chives, dill, or dry seasoning mix
 English muffin + light margarine, jelly or honey
 (Add or use skim milk or light cocoa, where appropriate.)

LUNCH IDEAS

sandwich: turkey, chicken, water-packed tuna, egg salad, lettuce, tomato, onion
 (use LF or FF whipped salad dressing)
 soup
 chef salad w/LF cheese + FF dressing
 LF or FF crackers, popcorn, or baked chips (FF dip: optional)
 light yogurt
 homemade TV dinner (microwave)
 beverage - skim or 1% milk, 100% fruit juice, coffee, tea, water
 fruit

SUPPER IDEAS

reheated leftovers
 bottled spaghetti sauce + ground turkey + pasta + salad or vegetable
 turkey burger (defrosted in microwave) + micro-waved potato + vegetable or salad
 TV dinner (purchased or homemade)
 defrosted/micro-waved chicken breast +micro-waved potato + vegetables
 defrosted/micro-waved turkey breast + micro-waved yam + vegetable
 tuna salad on lettuce + tomato, cucumber, baby carrots
 canned baked beans + rye bread + applesauce + tossed salad
 canned bean or split pea soup + hearty toast + stewed tomatoes
 crock pot: stew or bean soup

SNACKS

See "Healthy Snack Ideas"

FF = fat free

LF = low fat



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ADD YOUR OWN IDEAS

BREAKFAST

LUNCH

SUPPER

SNACKS