DIABETES RESEARCH INSTITUTE
UNIVERSITY OF MIAMI

School Lunch *Guide*

Packing school lunches for your child with diabetes is easy. Focus on fun, healthy foods that will keep them satisfied throughout the day while helping them maintain good blood glucose levels. It should not be any different than packing a lunch for someone without diabetes. The difference is you must be aware of the carbohydrate content to determine the lunch meal insulin dose.

Lunch Planning Tips

- Ask your child for help; they'll be more likely to eat the food if they help prepare it
- Try to make at least 1/2 of your carbohydrate selections whole grain
- Have a protein with carbohydrate containing foods along with a fat serving
- Prep fruits and vegetables; try fun shapes and different sizes
- Include at least 2 servings of vegetables
- Keep track of your choices by writing them down
- Find the right containers, insulated tote bags and ice packs for keeping food fresh

Fun Fruit & Veggie Shapes for the Lunchbox

- Include items in case of lows i.e. juice, glucose tabs, crackers, cookies

Diabetes Education Service
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Fun & Easy School Lunch Box Menu

Monday

- Turkey & cheese whole wheat wrap
- Sliced baby carrots
- 1/2 cup berries.
- 1/2 cup no salt popcorn

Tuesday

- Tuna pita pockets
- Apple slices with nut butter
- Whole grain chips
- Sliced cucumbers

Wednesday

- Grilled cheese sandwich on whole wheat
- Greek yogurt with berries

Thursday

- 2 boiled eggs
- Ham and cheese roll ups
- Hummus and pretzels
- Melon balls

Friday

- Mini pizza bites on pita
- Cheese stick
- 1/2 cup Peaches

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