MSU- Lunch on the Go!
Ideas from Nutrition Services
(Combine foods from home, the SUB, or local grocery store, depending on what fits into your schedule, budget, and routine)

- Chicken Breast (canned in water) mixed with lite mayo, mustard, cucumber chunks on whole wheat pita
  100% natural applesauce
  baby carrots, skim milk

- Organic Bean Soup with whole wheat crackers, string cheese, an apple, unsweetened green tea
  (add a splash of lemonade to sweeten)

- Bean Burrito with low-fat shredded cheese, salsa, black olives, and other veggies as desired, mandarin orange,
  Low fat vanilla yogurt, diet beverage

- Garden Burger on wheat bun + lettuce, tomato, pickle, onion, and mustard for flavor and variety
  Fresh Fruit: banana, apple, orange, kiwi
  unsweetened tea (w/ lemon slices)

- Baked Potato (prepared in advance or from the SUB) with vegetarian chili topping + low-fat sour cream and salsa
  small green salad w/ vinaigrette
  melon, skim milk

- Plain Hamburger on wheat bun
  add tomato, onions, pickles, lettuce, mustard, and ketchup, baked chips
  an orange, skim milk

- Chicken (breast from home) / Spinach Salad + vinaigrette and sunflower seeds, grapes, low fat yogurt
  & skim milk

- Cottage Cheese with fruit, sunflower seeds, veggies, and beans,
  6-10 Triscuit with lean deli meat
  unsweetened tea (w/ sliced lime)

- Whole wheat sandwich with turkey, Swiss, veggies, avocado, Organic Vegetable Soup, an apple, skim milk latte (w/ a dab of natural sugar)

- Leftover Veggie Pizza (use homemade dough or Boboli – add your favorite veggies, mozzarella cheese, pizza sauce), peaches/pears (packed in own juice), veggies with hummus, diet beverage

Prepare in advance:
- At home, cook chicken breasts, bake potatoes, put bean burritos together
- Gather storage containers, Ziploc baggies, silverware, lunch bag and/or thermos to facilitate lunch “on the go”
- Use sticky notes to reminder yourself to grab your “go food” before leaving.

During the winter months, prepare a stir fry, healthy chili, or hearty stew in the crock pot early in the week and use leftovers a couple times throughout the week.

MSU Student Health Services
Health Promotion/Nutrition
http://www.montana.edu/health/nutrition

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