

Guide for Ordering Boxed Lunches and Dinners

This guide is designed to help you make choices that are healthy and delicious when ordering food for a meeting or other work event.

Decide whom you want to call to order the food. It may be a restaurant, caterer or grocery store deli.



After you decide whom to call, start by telling them you are ordering boxed lunches or dinners. Ask if they can provide "healthy" choices.

Tell them you can email our guidelines

or

Tell them you want to order from this list:

1. Sandwich made with whole grain bread or whole grain pita pocket
The choices of sandwich meat are chicken, turkey, fish or other lean meat
Any of these choices could be baked, broiled or grilled
2. A wrap made with whole grain tortilla using either chicken, turkey, fish or other lean meat
Any of these choices could be baked, broiled or grilled

*** You can include lettuce, tomatoes, low-fat cheese and low-fat dressing on sandwich and wraps.

You will also want to add choices from the following:

1. Fresh fruit (small apple or banana) or cut-up fruit
2. And/or side salad (keep the low-fat dressing on the side)
3. And/or baked chips or pretzels
4. And/or small dessert - small size cookies, small size brownie (2 in. square) or small pieces of chocolate
5. Beverages - Water, coffee, unsweetened tea, 100% fruit or vegetable juice (in 4 to 6 oz. portions)
Milk should be skim or 1% or 2%, diet drinks, i.e. diet sodas, sugar-free lemonade, sugar-free drink mix

You may want to order large salads. If the salad includes meat, it should be baked, broiled or grilled. It could be chicken, turkey, fish or a lean meat and/or low-fat cheese.

You may also want to add whole wheat crackers or whole grain rolls.

*** Be sure the dressing is low-fat and is served "on the side".

You may want to add a dessert, frozen fruit yogurt, sherbet or sorbet, angel food cake with fruit topping, small portion size cookies, small slice of cake, brownie (2 in. square) or small pieces of chocolate.

Beverages - Water, coffee, unsweetened tea, 100% fruit or vegetable juice (in 4 to 6 oz. portions)
Milk should be skim or 1% or 2% reduced fat.

Ask for all condiments on the side, not on the food.

*** Keep a list of places that will provide healthy meals for future reference.

*** Tennessee state employees should review the Department of Finance and Administration policy regarding cost of food. Please refer to Section 37 of the [Comprehensive Travel Regulations](#) for a schedule of allowable food costs.

Use the following guide to order:

Order This:	Not These:
<p>Sandwich/wrap Whole grain breads or whole grain pita pockets or whole grain tortillas for wraps made with lean meats, chicken, fish or turkey (about 3 oz.) low-fat cheese, lettuce, tomato</p>	Fried chicken, chicken salad, bologna, pastrami, salami, pepperoni, hot dogs, croissants, white breads or rolls
<p>Fruits Fresh whole fruit (small banana or apple) or cut-up fruit</p>	Canned sweetened fruit, juice drinks
<p>Salad Salads with low-fat or fat-free dressing on the side (no croutons) If ordering salads with meat, it should be grilled, baked or broiled Whole grain rolls or crackers</p>	Salads with regular dressing and/or fried chicken
<p>Chips Baked chips or pretzels</p>	Regular (fried) chips
<p>Desserts Lower fat and calorie desserts frozen fruit yogurt, sherbet, sorbet or angel food cake with fruit topping If these options are not available, choose small portion size cookies, small slice of cake or brownie (2 in. square) or small pieces of chocolate</p>	Ice cream, cheese cake, pies, large slices of cake, large cookies
<p>Beverages Water, coffee, unsweetened tea, 100% fruit or vegetable juice (in 4 to 6 oz. portions) Milk should be skim or 1% or 2% reduced fat Diet drinks, i.e. diet sodas, sugar-free lemonade, sugar-free drink mix</p>	Soft drinks or sweet tea

Lunch Choices

Grocery Store Options - If you'd rather create a lunch, here are some options to purchase at the grocery store:

- Lean lunch meat and/or cheese tray with whole grain bread or tortillas for making sandwiches and wraps
- Salad bar items/build your own salad (no croutons) fat-free, lite or vinaigrette dressings
- Veggie tray with low-fat/fat-free dip
- Fruit tray with low-fat/low-sugar dip
- Fresh fruit, assorted
- Baked chips/pretzels/whole grain crackers



Additional Grocery Store Meal Ideas:

- Rotisserie chicken
- Salad bar items/build you own salad (no croutons) fat-free, light or vinaigrette dressings
- Whole wheat rolls with whole grain crackers

Examples of Catered Meals

Option 1:

Meal should include a portion of protein, a vegetable, a fruit and a grain. The use of in-season, locally grown produce is always encouraged.

- Protein choices: baked or grilled chicken, turkey or fish
- Vegetables: steamed or roasted vegetables
- Fruit: whole fruit, low-fat/low-sugar fruit salads
- Grain choices: pasta or rolls/bread – should be whole grain

Option 2:

- Salad buffet - salad bar items/build your own salad (no croutons) fat free, light or vinaigrette dressings; no mayonnaise-based salads
- Grilled chicken strips for salad
- Grains served should be whole wheat

Option 3:

- Build your own sandwich bar - lean lunch meat and/or cheese tray with whole grain bread or tortillas for making sandwiches and wraps
- Baked chips or pretzels
- Side salad (no croutons) fat free, light or vinaigrette dressings
- Fresh fruit

Option 4/Boxed Lunch:

- Lean meat or vegetarian sandwich or wrap (whole grain bread products only)
- Baked chips, pretzels or light vinaigrette-based pasta salad
- Fruit salad or whole fresh fruit
- Carrot/celery

Option 5/My Plate Lunch

Provide a meal following "My Plate" recommendations. Avoid oversized portions. Choose the following foods for a meal:

- Protein (meats should be lean or low-fat)
- Vegetable (half of the plate should contain fruits and vegetables)
- Fruit (half of the plate should contain fruits and vegetables)
- Grain (whole grain)
- Low-fat dairy product

Go to www.choosemyplate.gov for a variety of resources, meal ideas, recipes, and more!



Lunch Menus

Option 1:

Tilapia with mango salsa
Rice pilaf
Grilled asparagus
Tomato, cucumber and low-fat feta cheese
Whole wheat dinner roll
Lemon sorbet with fresh blueberry garnish
Water, coffee, unsweetened tea

Option 2:

Baked chicken
Garlic smashed potatoes
Baby carrots with dill
Whole wheat dinner roll
Berry trifle
Water, coffee, unsweetened tea

Option 3:

Cobb salad with grilled chicken, balsamic vinaigrette
Whole wheat crackers/bread
Frozen yogurt with fresh fruit topping
Water, coffee, unsweetened tea

Option 4:

Slow roasted boneless pork chop
Rosemary potatoes
Spiced apples
Whole wheat dinner roll
Chocolate chip meringues
Water, coffee, unsweetened tea

Option 5:

Spinach-stuffed chicken breast
Herbed basmati rice
Southern sautéed squash
Tropical mixed fruit – mangoes, papayas and pineapple
Whole wheat dinner roll
Petite cupcake
Water, coffee, unsweetened tea