

Balanced Day Lunch Month

IDEAS



Week 1					
First Break	-2 blueberry pancakes -pineapple chunks -milk/soy	-hot chocolate -bread with jam -banana	-raisin bread with cheese -slice -juice	-1 slice banana bread -raisins -cheese slice	-dry cereal with dried cranberries -yogurt
Second Break	-macaroni and cheese -pepper & dip -juice	-chicken noodle soup --salad -pudding -water	-baked beans with shredded cheese -whole wheat bread -carrots & dip -water	-chicken wrap -celery & dip -applesauce -chocolate milk/soy	-cheese tortilla with salsa dip -grapes -animal crackers -water
Week 2					
First Break	-½ cheese sandwich -yogurt -applesauce	-mini pitas with grated cheese -apple -water	-dry cereal -peach -yogurt	-1/2 chicken sandwich -milk/soy -banana	-muffin -banana -milk/soy
Second Break	-1/2 cheese sandwich -broccoli & dip -fruit juice -oatmeal cookies	-tuna wrap -cauliflower & dip -peach -chocolate -milk/soy	-hummus -pita triangles -cucumbers -tomato wedges -milk/soy	-½ chicken sandwich -soda crackers -yogurt -grapes	-chicken fingers & plum sauce -bread sticks -cucumbers
Week 3					
First Break	-1/2 bagel with cheese -orange juice	-muffin -pear -milk/soy -cheese cubes	-1/2 ham sandwich -applesauce -water	-whole grain crackers -cheese cubes -kiwi -water	-tomato soup -whole grain crackers -kiwi pieces
Second Break	-1/2 bagel with cheese -red peppers & dip -fruit cup	-ham slices -whole grain crackers -rice krispie square -juice	-1/2 ham sandwich -carrot sticks & dip -fig bars -milk	-veggie soup -1 slice whole wheat bread -pudding -peach	-muffin -celery & dip -orange sections -milk/soy
Week 4					
First Break	-4 crackers with cream cheese -plum	-1/2 english muffin with ham and cheese -clementine	-raisin bread with butter -yogurt -orange juice	-1 cup dry cereal -milk/soy -raisins	-pumpkin loaf -yogurt tube -apple juice
Second Break	-1/2 roast beef sandwich -carrots & dip -plum -milk/soy	-1 slice veggie pizza -cucumbers & dip -fruit cup -chocolate -milk/soy	-chili -whole wheat roll -pear -milk/soy	-2 mini pitas with egg salad -carrots & dip -milk pudding -water	-macaroni & cheese -peppers & dip -grapes -water



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Litterless Lunch Tips

- Buy tubs of yogurt/applesauce and portion into **containers**: This cuts back on cost *and* packaging. Try our leak proof, safety tested, easy snap **Eco Containers**!!
- Get packs of small washcloths/cloth napkins and reusable cutlery from the dollar store!
- Use our stainless steel, reusable, **Bisphenol-A** free drink containers. They are short enough to fit upright inside the **Balanced Day Lunch Kit**, but still hold 300ml!
- Did you know that soon plastic water bottles will be banned? Our **steel bottles** are **100% recyclable**!
- Purchase large bags of snacks like crispers, crackers, goldfish, etc. instead of individually wrapped items. Snap them into containers to keep them fresh!!
- Be creative when packing containers into your Lunch Kit: stand sandwich containers upright! Use our **Ice Packs** to keep your child's lunch cold and trendy!



Ice Packs:



Do you dread packing lunches?

Are you running out of ideas to keep your young food critic interested?

Involve your children when packing and planning.

Teach them the food groups that you are including in their lunch and let them help you.

Soon enough they can do it on their own!