



# Nutrition for Early Learning and Child Care

## 20 MORE Lunch Ideas

### Lunch box basics

insulated lunch bag

reusable spoons and forks

reusable water bottle

insulated food container

containers with lids (various sizes)

small ice pack

1. Whole grain bagel with cream cheese, milk in an insulated container, carrot sticks and an unsweetened applesauce
2. Cheese quesadilla: tortilla with cheese and diced bell peppers (fold in half and melt cheese in oven or microwave), yogurt and apple slices
3. Two rice cakes with Sunbutter (a sunflower seed spread) or Wow Butter (a soybean spread) in between, apple slices, a small banana and kefir to drink
4. Leftover pizza with a fruit cup and a yogurt drink
5. Greek yogurt with thawed frozen berries and granola and a muffin
6. Hummus sandwich: hummus, cucumbers, tomatoes, lettuce and sunflower seeds on a whole grain bun or tortilla with fresh berries
7. Leftover pasta with chopped veggies, canned tuna and salad dressing with a kiwi (cut in half and scoop out with a spoon) and a milk-based pudding (found in the dairy section)
8. Leftover stir fry (vegetables and meat, fish or tofu) wrapped in a tortilla or pita and grapes
9. Top whole grain crackers with tuna salad and serve with celery sticks, canned peaches and milk
10. Leftover rice or quinoa with frozen green peas, corn, diced carrots and sauce, a yogurt drink and melon slices
11. Quick nachos: whole grain tortilla chips with shredded cheese, diced bell pepper, tomatoes and corn (microwave to melt cheese) and serve with salsa and a fruit cup
12. Oatmeal with milk, cinnamon and apples, a cheese stick and snap peas
13. Leftover chicken sandwich, a pickle, celery sticks, cantaloupe and an oatmeal cookie
14. Bannock with strawberry jam with yogurt and thawed frozen berries
15. Hard-boiled egg(s), baguette slices, cheese cubes, raw beet sticks with yogurt dip and a plum
16. Baked beans in tomato sauce with toast, a mini cucumber and a mandarin orange
17. Leftover pasta mixed with shredded cheese and a little milk (microwave and mix together), bell pepper slices and a small pear
18. Quinoa salad with tomatoes, peppers, corn, and black beans, with orange slices
19. Scrambled eggs (can make in microwave), toast, carrot sticks and thawed frozen strawberries
20. Naan or pita bread with bean dip (or hummus), edamame and raw broccoli and cauliflower with yogurt dip

*\*Keep in mind children's eating ability, potential choking hazards and food allergies when planning lunches\**