



# MAKE LUNCH TIME FUN TIME with New Lunch Ideas

## Your fuel up for fun school lunch should have:

- ✓ Vegetables and/or fruit
- ✓ Bread or grain products like pasta or rice
- ✓ Milk or alternatives like fortified soy milk or cheese
- ✓ Meat or alternatives like eggs or hummus
- ✓ AND always pack up WATER!

## Get Busy!

- ✓✓ Give foods that you like two checks.
  - ✓ Give foods you will try one check.
- C'mon be brave!

Then post this on the fridge to help plan lunches.

## It's Food-Tastic!

Enter the monthly lunch contests at [www.yummylunchclub.ca](http://www.yummylunchclub.ca)

## Pack a Grain Product in Your Lunch

- |  |   |  |   |
|--|---|--|---|
| <input type="radio"/> Bread                  | <input type="radio"/> Couscous                            | <input type="radio"/> Pasta                          | <input type="radio"/> Rice paper wrappers |
| <input type="radio"/> Bagel                  | <input type="radio"/> Crackers                            | <input type="radio"/> Pancakes                       | <input type="radio"/> Roti                |
| <input type="radio"/> Barley                 | <input type="radio"/> Chinese steamed buns                | <input type="radio"/> Polenta                        | <input type="radio"/> Rice cakes          |
| <input type="radio"/> Buns/rolls             | <input type="radio"/> English muffins                     | <input type="radio"/> Popcorn                        | <input type="radio"/> Scones              |
| <input type="radio"/> Bulgur                 | <input type="radio"/> Homemade muffins                    | <input type="radio"/> Quinoa                         | <input type="radio"/> Tacos               |
| <input type="radio"/> Hot cereal (oatmeal)   | <input type="radio"/> Millet                              | <input type="radio"/> Quick loaves<br>(banana bread) | <input type="radio"/> Tortillas           |
| <input type="radio"/> Dry unsweetened cereal | <input type="radio"/> Naan                                | <input type="radio"/> Pita                           | <input type="radio"/> Waffles             |
| <input type="radio"/> Corn bread             | <input type="radio"/> Noodles<br>(vermicelli, udon, soba) | <input type="radio"/> Rice<br>(brown/white/wild)     |   |
| <input type="radio"/> Chipatis               |   |  |   |

## Pack a Milk or Alternative in Your Lunch

- |  |  |   |  |
|--|--|---|--|
| <input type="radio"/> White milk             | <input type="radio"/> Kefir (yogurt drink) | <input type="radio"/> Cottage cheese                  | <input type="radio"/> Soups made with milk |
| <input type="radio"/> Fortified soy beverage | <input type="radio"/> Block/hard cheese    | <input type="radio"/> Smoothies<br>(with yogurt/milk) | <input type="radio"/> Paneer               |
| <input type="radio"/> Yogurt                 | <input type="radio"/> Goat cheese          | <input type="radio"/> Yogurt drinks                   |  |

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# Pack a vegetable and/or Fruit in Your Lunch

## VEGETABLES

- |   |   |   |  |
|---|---|---|--|
| <input type="checkbox"/> Asparagus                                    | <input type="checkbox"/> Celery                     | <input type="checkbox"/> Green peas     | <input type="checkbox"/> Spaghetti squash      |
| <input type="checkbox"/> Acorn squash                                 | <input type="checkbox"/> Cabbage<br>(purple/ green) | <input type="checkbox"/> Kale           | <input type="checkbox"/> Spinach               |
| <input type="checkbox"/> Avocado                                      | <input type="checkbox"/> Cauliflower                | <input type="checkbox"/> Lettuce        | <input type="checkbox"/> Snap peas             |
| <input type="checkbox"/> Beets  | <input type="checkbox"/> Chard                      | <input type="checkbox"/> Mushrooms      | <input type="checkbox"/> Snow peas             |
| <input type="checkbox"/> Broccoli Rabi                                | <input type="checkbox"/> Collard greens             | <input type="checkbox"/> Parsnips       | <input type="checkbox"/> Swiss chard           |
| <input type="checkbox"/> Broccoli                                     | <input type="checkbox"/> Corn                       | <input type="checkbox"/> White potatoes | <input type="checkbox"/> Tomatoes              |
| <input type="checkbox"/> Bok Choy                                     | <input type="checkbox"/> Edamame<br>(soy beans)     | <input type="checkbox"/> Sweet potatoes | <input type="checkbox"/> Cherry/grape tomatoes |
| <input type="checkbox"/> Bell peppers<br>(green, yellow, red, orange) | <input type="checkbox"/> Eggplant                   | <input type="checkbox"/> Pumpkin        | <input type="checkbox"/> Tomato sauce          |
| <input type="checkbox"/> Bean sprouts                                 | <input type="checkbox"/> Green beans                | <input type="checkbox"/> Radishes       | <input type="checkbox"/> Zucchini              |
| <input type="checkbox"/> Carrots                                      |   | <input type="checkbox"/> Vegetable soup |  |

## FRUITS

- |                                     |  |   |   |
|-------------------------------------|--|---|---|
| <input type="checkbox"/> Apple      | <input type="checkbox"/> Coconut             | <input type="checkbox"/> Lychee             | <input type="checkbox"/> Pineapple            |
| <input type="checkbox"/> Applesauce | <input type="checkbox"/> Cherry              | <input type="checkbox"/> Mandarin/tangerine | <input type="checkbox"/> Pomegrante           |
| <input type="checkbox"/> Apricot    | <input type="checkbox"/> Grapes (red, green) | <input type="checkbox"/> Nectarine          | <input type="checkbox"/> Rhubarb              |
| <input type="checkbox"/> Banana     | <input type="checkbox"/> Grapefruit          | <input type="checkbox"/> Mango              | <input type="checkbox"/> Strawberries         |
| <input type="checkbox"/> Blackberry | <input type="checkbox"/> Honeydew melon      | <input type="checkbox"/> Pear               | <input type="checkbox"/> Watermelon           |
| <input type="checkbox"/> Blueberry  | <input type="checkbox"/> Kiwi                | <input type="checkbox"/> Peach              | <input type="checkbox"/> Frozen mixed berries |
| <input type="checkbox"/> Canteloupe | <input type="checkbox"/> Fruit cups          | <input type="checkbox"/> Pommelo            |   |

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# Pack a Meat or Alternative in Your Lunch

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|---|--|---|----------------------------------|
| <input type="checkbox"/> Beans (white, red, romano) | <input type="checkbox"/> Hummus                | <input type="checkbox"/> Canned Tuna                      | <input type="checkbox"/> Lamb    |
| <input type="checkbox"/> Refried beans              | <input type="checkbox"/> Nut-free butter       | <input type="checkbox"/> Canned Salmon                    | <input type="checkbox"/> Turkey  |
| <input type="checkbox"/> Chickpeas                  | <input type="checkbox"/> Eggs                  | <input type="checkbox"/> Canned crab                      | <input type="checkbox"/> Goat    |
| <input type="checkbox"/> Lentils                    | <input type="checkbox"/> Firm tofu             | <input type="checkbox"/> Lobster                          | <input type="checkbox"/> Beef    |
| <input type="checkbox"/> Sesame seeds               | <input type="checkbox"/> Smooth tofu           | <input type="checkbox"/> Shrimp                           | <input type="checkbox"/> Chicken |
| <input type="checkbox"/> Sunflower seeds            | <input type="checkbox"/> Deli meats (low salt) | <input type="checkbox"/> Fresh fish<br>(salmon, mackerel) | <input type="checkbox"/> Pork    |

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