



## Lunch Ideas for the Whole Family

### Tuna Salad

- Tuna salad (a bed of romaine lettuce, topped with flaked tuna, quartered cherry tomatoes, sliced black olives, onions, red bell peppers, yellow bell peppers and sliced radishes)
- Balsamic vinaigrette
- Piece of whole grain bread topped with a serving of sliced cheddar cheese.
- Sliced kiwi

### Chicken Burrito

- Half of a Chicken and Veggie Burrito (fill a whole wheat tortilla with chicken, rice, lettuce, orange peppers and salsa)
- ½ cup (125 mL) of cottage cheese (or plain yogurt) topped with ½ cup (125 mL) blueberries (fresh or frozen).
- Mandarin orange.

### Quesadilla:

- Quesadilla (Whole wheat tortilla, cheese, black beans, sundried tomato pesto and sliced avocado – if pesto and avocado are not available replace them with red pepper and broccoli).
- Shredded cabbage and carrot salad with low-fat dressing.
- Strawberries (frozen or fresh) or orange wedges.

### Spinach Salad:

- Spinach salad with balsamic vinaigrette (spinach, sliced hard boiled egg, quartered cherry tomatoes and sunflower seeds).
- Stone ground wheat crackers with mozzarella cheese cubes.
- Quartered grapes.

### Pesto Pasta:

- Whole-wheat pasta (such as penne or bowtie noodles) tossed with pesto or tomato sauce.
- Chicken breast slices.
- Steamed broccoli.
- ½ cup (125 mL) of plain milk.
- Orange slices.

### Fruity Bagel:

- Blueberry cream cheese on half a whole-wheat bagel.
- ½ cup (125 mL) Strawberries and cucumber slices
- Hard-boiled egg peeled and sliced in half.

### Tofu and Fruit:

- ½ a whole-wheat croissant.
- Baked or smoked tofu (or grilled chicken)
- ½ cup (125 mL) Cucumber and red pepper slices.
- ½ cup (125 mL) of plain yogurt with fresh or frozen blueberries on top.





### Baked Beans and Rice:

- Baked beans in tomato sauce (or any type of beans).
- Shredded romaine lettuce with grated cheese, shredded carrots and vinaigrette.
- Steamed brown rice.
- Fresh Kiwi (or sliced grapes, banana, orange segments, etc.).

### Falafels:

- 3 mini falafel balls.
- Cherry tomatoes quartered and steamed carrot sticks.
- Hummus or cottage cheese dip.
- ½ whole-wheat pita.
- ½ cup (125 mL) of plain milk.



### Breakfast for Lunch

- Whole grain blueberry pancakes.
- Hard-boiled egg peeled and sliced in half.
- Yogurt.
- Orange and banana slices.

### Ham and Cheese Sandwich

- Whole wheat bread, hard cheese and ham (reduced fat, roasted or baked preferred)
- Plain yogurt with banana slices
- Water

### Breakfast Muffins

- Whole Wheat English Muffin with nut butter
- Plain yogurt, sweetened with honey
- Banana or apple slices
- Water

### Pita Packs

- Whole wheat pita stuffed with shredded cheese, cubed meat, tomato and cucumber
- Grapes
- Water

### Crackers and Hummus

- Stone wheat crackers
- Hummus
- Vegetable sticks (peppers, broccoli, cucumber, etc)
- Yogurt and berries

### Traditional Lunch

- Dry fish or meat
- Baked bannock
- Pear sliced
- Plain milk (½ cup/125 mL)



*Adapted from Laptop Lunches*