

## Easy Lunch Time Recipes for your Kiddo's!

### 1) Homemade lunchables!

Instead of buying expensive and processed boxed lunchables from the grocery store, try making your own using:

- PC Blue Menu flat bread buns (they come in a mini size now for sliders!). Regular sized work well as do whole wheat english muffins.
- A few scoops of canned/jarred pasta sauce or crushed tomatoes (less sodium)
- Leftover chicken or sliced lunch meat
- Some shredded cheese and any veggies you think your little ones will eat ☺
- Try using a leftover plastic muffin container to compartmentalize your fixins' or use muffin tin liners in a larger Tupperware instead.



### 2) It's a Small World After all...

Kid's love tiny things! And fun food is no exception! Try this:

- Whole wheat crackers
- Bite sized fruit (grapes, berries, peeled clementine etc). Don't be afraid to use frozen fruit, it's just as nutritious and more convenient for many!
- Cut up turkey meat ( deli or leftover)
- Any veg with dip or a yogurt



### 3) Sandwich Kebob!

Some children don't like eating whole sandwiches but will eat the components of a sandwich separately. Try out these sandwich kebabs for a fresh new way to "convince" your kids to eat up!

- First way: use toothpicks or longer shish kebob sticks from the dollar store to string on the different parts of the sandwich (bread, cheese, meat, maybe a tomato or cucumber!)
- Second way: make their favourite sandwich, cut it into smaller squares and string this along the stick.



#### 4) Befriend your Freezer

Kids are often more open to eating cold leftovers than we are so take advantage and over-cook!

- Too much pasta? Throw in some tomatoes, cheese, peppers and drizzle with olive oil and lemon juice...voila!
- Leftover potatoes? Make some quick potato salad and send it in their lunch with some veggies and dip and a couple yummy cookies.
- Many parents prefer to send homemade baked goods instead of buying them ready-made. Great idea, menu plan to batch bake once a month and use your freezer to store them in packages to be taken out each week for you and your family.



#### 5) Thermoses are our friends!

These days you can buy mini thermoses with all our favourite animated characters pictured on them to make your kids feel extra special. These are perfect for cold days and schools with no microwaves. Try sending:

- Leftover soup or stew with a buttered whole wheat dinner roll or English muffin/bagel.
- If your child likes a hot lunch, pasta's and rice dishes also stay relatively warm in these.
- Try making a chicken salad and filling crescent rolls for a pseudo chicken pot pie treat!

