

# Food Ideas

*The following are just ideas or suggestions many of us have not yet had to pack children's lunches and when we were already feeling overwhelmed this can be another thing added. To help we compiled this list of ideas for families.*

**Put into lunch kits-one bowl, one fork, one spoon, one cup and a water bottle. Staff will wash what is used after each meal. If they drink milk put into a thermos or sealed water bottle. Be sure all lunch kits and containers are labelled.**

## Snack ideas

Granola bar

Fruit-apples, oranges, grapes(sliced), banana, cut melon, cut pineapple, kiwi, strawberries, blueberries, black berries, raspberries, mango, pomegranate seeds, watermelon, cherry tomatoes, peaches, nectarines, cherries,

Fruit cup

Canned fruit

Crackers

Graham crackers

Squeeze pouch

Fruit snacks

Apple Sauce

Pudding cup

Veggie Straws

Chips

Veggies-raw carrots (if age appropriate), celery, snap peas, sliced cucumber, beans, cut peppers or mini bell peppers, sliced pickles, mushrooms, cauliflower, broccoli, edamame,

Yogurt

Sliced cheese/cheese string/baby bell cheese

Cookies

Bear paws

Rice cakes

Dry cereal

Sliced or rolled Deli meat

Dried Fruit-Mangos, raisins, bananas, blueberries, cranberries, coconut, apples, apricots

Roasted chickpeas, snap peas, beans,

Banana bread, carrot bread, lemon loaf

Muffins

Pretzels

Naan bread with dip or toasted with cinnamon and sugar

Granola

Seeds-seeded sunflower seeds, pumpkin seeds

Baked goods-brownies, energy bites, granola bites, rice Krispy's ( or store bought)

Add a side of ranch, humus, tuna, wow butter, avocado, or any dip to add with the snack

## Lunch ideas

Leftovers from supper the night before

Soup

Wraps-banana and wow butter roll ups, chicken, ham, roast beef, turkey, smoked tofu, cheese, jam

Sandwiches-Egg salad, chicken salad, tuna, deli meat and cheese with sauce, jam, wow butter, cheese whiz, roast beef, ham, turkey, smoked tofu,

Subs-pizza subs,

Hot dogs

Hamburgers

Tacos

Quesadillas

Macaroni and cheese

Pasta and sauce

Pizza

Meatballs

Salad

Pasta Salad

We can warm up anything as each room has a microwave so no need to shy away from food that needs to be heated

## Breakfast

Oatmeal package

Over night oats

Boiled eggs

Quiche

Yogurt

Toast (we have toasters)- add butter or jam

Egg bites

Ham and egg sandwiches

Fruit

Cereal dry or add milk

Granola Bar

Cheese

Fruit cocktail

Croissants

Buns

Muffins

Pancakes (pancakes freeze well and can be packaged and sent to daycare)

Waffles

Egg Wrap

Tofu Wraps

Hash brown-large

Breakfast sausages

Perogies

Avocado to spread on toast

Bagels with cream cheese, jam, butter