Food Ideas

The following are just ideas or suggestions many of us have not yet had to pack children’s lunches and when we’re already feeling overwhelmed this can be another thing added. To help we complied 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 contents 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

<table>
<thead>
<tr>
<th>Leftovers from supper the night before</th>
<th>Tacos</th>
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</thead>
<tbody>
<tr>
<td>Soup</td>
<td>Quesadillas</td>
</tr>
<tr>
<td>Wraps-banana and wow butter roll ups, chicken, ham, roast beef, turkey, smoked tofu, cheese, jam</td>
<td>Macaroni and cheese</td>
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<tr>
<td>Sandwiches-Egg salad, chicken salad, tuna, deli meat and cheese with sauce, jam, wow butter, cheese whiz, roast beef, ham, turkey, smoked tofu,</td>
<td>Pasta and sauce</td>
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<tr>
<td>Subs-pizza subs,</td>
<td>Pizza</td>
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<tr>
<td>Hot dogs</td>
<td>Meatballs</td>
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<tr>
<td>Hamburgers</td>
<td>Salad</td>
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<td>Pasta Salad</td>
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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