

HEALTHY LUNCH IDEAS

Anyone who packs a lunch for their child knows the frustrations associated with the task. Is it nutritious? Will he/she eat it, or (horrors!) trade it for something sweet & gooey? So, here are some ideas that are nutritious & tasty too. And remember...your dislike for a food is no reason to keep your child from trying it.

- Sandwich of cheddar cheese, shredded lettuce and chopped tomato with oil & vinegar in a pita pocket.
- Soy butter or sunflower seed butter sandwich with jelly or honey. Add raisins, sliced banana, strawberries, applesauce, grated carrots or grated zucchini to the butter.
- Rolled up tortillas filled with a thin layer of cream cheese and chicken or fish or filled with rice, beans and cheese.
- Thermos of cold soup made from 1-cup tomato juice with ½ cup clam broth & some chopped chives. Also pack ‘Goldfish’ crackers, a wedge of Swiss cheese & a small bunch of grapes.
- Spread a whole-wheat flour tortilla with soy butter or sunflower seed butter, then applesauce. Sprinkle with raisins and cinnamon. Roll & slice into ‘pinwheels’.
- Sandwich of nonfat cream cheese, cucumber slices & bacon on a sliced bagel.
- Container of salad made from shredded lettuce, some green peas, cherry tomatoes, and grated Parmesan cheese with French dressing. Pack with a roll & a wedge of honeydew melon.
- Sandwich of liverwurst (think pate’) and sliced radishes with mustard on rye bread. Pack some sweet pickles, pretzels & an apple.
- Sandwich of roast beef, Muenster cheese and red onion with mango chutney on whole grain bread. Pack with a dill pickle and some dates.
- Container of ricotta cheese mixed with a little basil, oregano, marjoram, salt & pepper. Pack with green pepper rings, bread sticks and a banana.
- Container of salad made from canned kidney beans mixed with orange sections (try canned mandarin oranges), sliced scallions and oil & vinegar. Pack with Crispbread crackers and some grapes.

