

PRESCHOOL LUNCH IDEAS

Make lunches:

- ☞ Interesting,
- ☞ Nutritious and
- ☞ Devoured!



- Get your child involved!
 - Take your child grocery shopping;
 - Have your child help make lunch; and
 - Have your child pack his/her lunch.



- Try to include the major food groups: protein, dairy, starch and fruits/vegetables.
- Use Tupperware (or GladWare, Ziploc containers, etc...) for individual servings of applesauce, canned fruit and the like.
- Beyond the sandwich... Pack cheese, hard boiled egg, shrimp, chicken (diced or drumstick), salami, etc... as a protein source.
- Make your own Lunchables by dicing or cutting up lunch meat and cheese then add crackers and a drink!
- Freeze yogurt in a tube (ie Gogurt).
- Fruit and Veggie finger food ideas: cut up celery, carrots, zucchini, and bell peppers, baby carrots, steamed broccoli "trees", olives, grapes, apples, cut up pears, peaches, and kiwi, berries, sliced oranges
- Add salad dressing or yogurt for fruits and veggie dip
- Send dried fruit such as raisins, apricots, pineapple, mango, and banana chips.
- Use hot food container to send a warm meal (macaroni and cheese, spaghetti, soup, etc...) once in awhile.
- Try ethnic foods: rice wrapped in seaweed for "sushi", tortilla with cheese, pita bread and hummus.

