

# QUICK LUNCH IDEAS

For days when time is tight or help is limited try these ideas.  
They are quick to prepare and serve!

## THINGS TO CONSIDER

- The equipment, space and time that you have available will determine what you are able to prepare. These ideas have been created for situations with limited kitchen equipment and time.
- When putting together quick lunches, try to change it up to include a variety of healthy foods from Canada's Food Guide. Each meal, try to include at least one vegetable or fruit, one whole grain food and one protein food. When you aim to include a wide variety of colours, textures, and flavours you increase the variety of nutrients students receive.
- Including students in menu planning can help build lifelong food skills and will help ensure you are meeting the varying preferences of your population. Make a poll where students can vote on their favourite items, or invite students to make suggestions.
- Eating highly processed foods increases the intake of sodium, sugars and/or saturated fat, which can increase the risk of chronic disease. Aim to limit foods such as processed meats (e.g. sausages, hotdogs, ham, canned meat, deli meat), fruit gummies, sugar sweetened beverages, potato chips, frozen pizza products, frozen entrees and instant noodle packs.



## 1

### CHOOSE VEGETABLES AND FRUITS

- Mini carrots
- Cherry tomatoes
- Cucumber
- Snap peas
- Celery sticks
- Coleslaw
- Whole fruit (banana, apple, orange, pear, plum)
- Fruit cup (in 100% fruit juice)
- Canned fruit (peaches, pineapple, pears, oranges)
- Apple sauce
- Frozen fruit (berries, peaches, pineapple, mango, cherries)
- Frozen steamed vegetables (corn, peas, broccoli)

## 2

### ADD WHOLE GRAINS

- Whole grain bread
- Whole grain tortilla wraps
- Whole grain buns
- Whole grain bagels
- Whole grain roti
- Whole grain naan
- Whole grain English muffins
- Whole grain muffins
- Whole grain rice or pasta
- Whole grain crackers or rice cakes
- Whole grain hot or cold cereals
- Fresh popped popcorn

## 3

### ADD PROTEIN OPTIONS

- Milk (1-2%) or plain fortified soy beverage (as indicated)
- Yogurt
- Hard cheese or cheese strings
- Eggs
- Peanut butter or nut free spread (Wowbutter, SunButter)
- Baked beans, bean medley
- Hummus
- Nuts, seeds or trail mix
- Canned or dried pulses (chickpeas, black beans, kidney beans, lentils)
- Canned tuna or salmon
- Roasted chickpeas


# 3 WEEK SAMPLE LUNCH MENU


## WEEK 1

## WEEK 2

## WEEK 3


### MON

Orange, celery sticks, whole grain crackers and cheese cubes 


Pear, [oatmeal bannock \(recipe\)](#), and yogurt 

Apple, trail mix (whole grain cereal, dried fruit, nuts/seeds, popcorn) and milk

### TUE

Mini carrots with cheese and egg quesadilla   
\*make and freeze\*


Coleslaw with dressing, apple, whole grain bun, and cheese string

Cucumber slices, whole grain pita or naan and hummus 


### WED


Berries and oatmeal topped with yogurt


Banana, microwave scrambled eggs and toast

Orange, homemade muffin and hard boiled egg 

### THU

Cucumber, whole grain muffin and cheese slices 


Toasted tomato sandwich and sliced hard cheese 

Corn, lettuce, salsa and black beans in a whole wheat tortilla 

### FRI

Fruit cup, toasted bagel and baked beans

Fruit and yogurt parfait with rice cakes and peanut butter or nut free spread

Cherry tomatoes, whole grain crackers and tuna salad 

## MAKE IT A BAGGED LUNCH!



- Refrigerate until lunch time or add an ice pack.
- Add utensils and a napkin.
- Wrap items in paper or plastic portion bags if needed.

