

# 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 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, invite students to make suggestions.
- Eating highly processed foods can increase the intake of sodium, sugars or saturated fat. Eating too much sodium, sugars or saturated fat can increase your 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, 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
- Canned fruit (peaches, pineapple, pears, oranges)
- Apple sauce
- Frozen fruit (berries, peaches, pineapple, mango)

## 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
- 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.

