

LUNCH SUGGESTIONS

Packing a lunch daily can become quite a trial. We have compiled a list of some suggestions that may be useful.

Discuss your children's lunch preferences with them and if possible enlist their aid in packing it. This is a fun activity to do with your child and a good way to learn what's good for you and taste good too. They enjoy the feeling of power and accomplishment by doing this important task. Many parents add a special surprise or note for the child to find. It gives the children a nice feeling of connection when you are not there.

We discourage children from swapping or sharing lunch items, not only because some children have specific food allergies, but also because we know you will want to know what your child has eaten. We have the children bring the leftovers home so you can see what they ate.

Children, like everyone, like foods that are attractive. It helps to be a little creative by cutting vegetables in interesting shapes, meats and cheeses in small cubes on a toothpick, or sandwiches cut by cookie cutters. Look for a variety of textures and colors. Provide choices, but not too many.

SANDWICHES:

Cut breads and fillings in different shapes; use different types of bread i.e. banana, wheat, seed, bagel, English muffins, rice cakes; add trimmings like lettuce, dressings or pickles.

Try different fillings for variety such as: tuna fish, peanut butter with honey or banana, egg salad, cream cheese and tomato, avocado, cheese and sprouts, cheese and cucumber, chicken, turkey, and other combinations, depending on your child's preferences.

HOT DISHES

We have a microwave to warm things like: chicken, left-over dinner, soup, sloppy joes, macaroni and cheese, spaghetti, baked beans, lasagna, baked potatoes, corn on the cob, broccoli with cheese sauce, pizza, burritos, tacos, ribs, pasta, stews, quiche, rice, whatever appeals to your child.

FINGER FOODS

Meat chunks or slices, cheese and crackers, cold chicken, hard boiled eggs, raw vegetables with dip, carrots and apple slices with peanut butter, olives, cucumber sticks, cherry tomatoes, celery stuffed with cream cheese or nut butters etc.

VEGETABLES AND FRUITS:

Children of this age appear to like their vegetables raw rather than cooked. Fresh fruit is much healthier than canned but it's a nice treat once in a while. We suggest using canned fruit as their dessert. A yogurt dip is nice with fruit chunks.

