



THE CHILDREN'S LUNCH BOX



e-Book of Lunch Ideas

edited by Linda Bugaziyanos

*Dedicated to all children and the parents
who stand behind them with all their
hearts, no matter what ...*





A word from the editor

Since the very first day our little bundle of joy makes an addition to our family, we take the time to nurture, care and look after them with love, gentleness and kindness.

Remember those days when they first tried solid food and how delighted we were that they ate half a spoon of that rice cereal? Remember the green peas puree all over their chubby cheeks and carrots all over their bib and your cloths? We used to sing, waive our hands and open our mouth wide just to get that spoonful of veggies into their mouth. However, as our children grow, we have to find other, more creative ways to make sure they eat what they are given for lunch.

Well-balanced meals and lunch dishes are crucial to a child's development and learning abilities. Food fuels our muscles and minds to go on with our busy day and face challenging tasks. Starting with breakfast in the morning and finishing with a light bed-time snack, every bite counts.

We all know that the habits we developed since we were younger can effect us to this day. So be that person who makes a difference in your child's life, start right now. Guide them with love and kindness, talk to them, ask for their opinion and input. Listen carefully to what they have to say and make them feel important. Only with mutual understanding and respect, challenging tasks can be accomplished with ease.








The best of luck to all of you in this journey we call parenting.

Linda Bugaziyanos





Suggestions on how to implement lunch ideas presented in this e-Book

-  Review all the items carefully and mark the ones you and your family would like to try
-  Go over the items with your child at a family meeting and ask for their input, ideas, suggestions
-  Make a menu a week ahead selecting one item from each category or as you see fit
-  Try some of the things at home, for snack or lunch, to see how your children like them
-  If there is something your child really liked, avoid the temptation of giving it to them over and over again. For we all know that even the most favorite food can easily become a not so favorite food if over consumed
-  Be patient and remember you are trying something new. Old habits are hard to break and we often tend to fall back into our comfort zone. Planning is the key
-  Do not get discouraged if it takes time to implement new ideas. Don't give up and remember you are doing the best you can to give your children what they need and what is best for them.

Bon Appetite!

Table of Contents

Sandwiches	page 6
Thermos Meals	page 10
Finger foods	page 13
Snacks	page 16
Drinks	page 19
Other	page 21



SANDWICHES



Sandwiches

Whole wheat pita, omelette and lettuce

Submarine bun with ham, roasted peppers, lettuce

Empanadas – cheese or meat

Chicken wrap on whole wheat tortilla with sour cream, lettuce and tomatoes

Bagel & cream cheese

Chicken drumsticks (not a sandwich, but can send cold)

Pita with tuna salad (canned tuna mixed with light mayo) & olives

Croquettes (ham or salmon)

Whole wheat bread with cheese, mustard and ketchup

Bread with salami, mustard and ketchup

Bread with cheese and margarine

Whole wheat bread with jam (strawberry or blueberry)

Cold cuts only (turkey, salami, bacon) – or for kids who eat sandwiches BLT

Mini croissants with butter only

Soda crackers with butter only

Grilled cheese sandwich

Whole wheat pita bread (Pita Break) with humus (homemade)

Whole wheat pita bread (Pita Break) with sliced Swiss cheese

Whole wheat pita bread (Pita Break) and pea butter (nut free Peanut butter)

Whole wheat pita bread (Pita Break) with Honey

Whole wheat pita bread (Pita Break) with tuna salad (with Mayo)

Whole wheat pita bread (Pita Break) with ham and cheese

Hummus and cheddar on flax or pumpernickel bread

Left over pizza

Whole wheat bread with ham and cheese

Meat "roll ups" with pita fingers

Chicken and egg on nest (bread, butter, 1 slice turkey and 2 slices of egg)

Pizza (bread or bagel, cheese, tomato sauce and pepperoni - cold or hot)



Sandwiches continued...

Tuna sandwich (whole wheat bread or bun, mix tuna with mayo, finely chopped red pepper and celery)

Italian sausage with whole wheat pita

Roasted rosemary chicken breast on whole wheat

Cream cheese and smoke salmon on whole wheat pita or bread

Roast beef on whole wheat bread (can add a little bit of mayo)

Whole wheat wrap with ham and cheese (can add shredded mozzarella cheese and cucumbers)

Whole wheat wrap with cheese, chicken and sour cream (like fajita but cold)

Whole wheat bread with tuna salad and cheese

Chicken patty and lettuce on ciabatta bread

Flat bread with cream cheese

Hamburger (whole wheat bun or English muffin with herb & garlic cream cheese, tomato, lettuce, can add cucumber slices)

Whole wheat bagel with lettuce and herb & garlic cream cheese

Whole wheat tortillas with lettuce, turkey breast, dill pickle and light mayo

Whole wheat bread with tin tuna fish, lettuce, sweet pickle relish and light mayo

Whole wheat tortillas with chicken breast strips, lettuce and light mayo

Whole wheat bagel with hummus, lettuce and sliced tomato

Mini bagels with butter

Tortilla wrap with ham, turkey & mustard

Bread and egg salad

Bread and tuna salad

Buttered bread with finger foods

Bread with ham, cheese, lettuce and mustard

Bread with turkey, lettuce and mustard

Whole wheat English muffin mini pizzas (English muffin, tomato sauce, cheese and pepperoni)

Whole wheat mini bagel with herb & garlic cream cheese and tomato

Whole wheat bread with chicken bologna (garlic), a little bit of margarine



Sandwiches continued...

Whole wheat bread with Swiss cheese and smoked bacon

Whole wheat bread with cream cheese and cucumber

Whole wheat bread with turkey and mayo

Western Sandwich (microwave egg with ham and veggies)

Antipasti platter: salami, cubed cheese, Bononcini cheese, olives, pickles, crackers

Kebab, cubed ham, peppers, pickles, cucumbers, cubed cheese

Wrap with ham and scrambled egg

Grilled chicken wrap with romaine lettuce and Caesar dressing

Sliced turkey or chicken

Jam on mini croissants

Fajitas (left over from the night before, put the inside in a thermos and keep the wrap separate)

Cheese/ham/bread/tomato kabob (use straws)

Whole wheat bread with nutella

Whole wheat bread or bagel with turkey ham and cheddar cheese

Whole wheat bread with poached egg

Sunflower seed butter and banana wrap



THERMOS MEALS



Thermos meals

Rice with salmon in a light teriyaki sauce

Chinese noodles with black beans or soy beans

Vegetable soup

Kraft dinner (with some powdered cheese, some real cheese)

Chicken Noodle Soup – made with orzo pasta or 'alphabet soup noodles' (you can get these at Lady York Supermarket North of Glencairn & Dufferin) – make sure soup doesn't have too much broth – it's harder to eat

Pasta cooked in chicken broth, with parmesan and butter

Macaroni or other pasta

Soup

Lasagna

Meatballs and spaghetti (or pasta)

Pogo sticks (ketchup packet)

Alphaghetti

Rice with corn

Ravioli

Home made macaroni and cheese

Pasta with tomato meat sauce

Pasta with peameal bacon in cream sauce

Brown beans

Perogies

Chicken /broccoli /rice dishes

Pork & beans (homemade or store bought)

Hot dog (chicken or beef)

Chicken nuggets

Turkey meatballs

Miso soup

Matzo ball soup

Thermos meals continued...

Zoglo's Vegetarian Corn Cutlets

Omelette / Red Pepper

Cheese Quesadilla

President's Choice Teriyaki Marinated Tofu

Oatmeal

Plain pasta (with a little bit of butter)

Fried chicken with a plain bun

Rice with vegetables (carrot & peas) + optional chicken drumstick (hot meal)

Roast meat slice (pork, beef, turkey), roast peppers & bread on the side (cold)

Leek and potato soup

Egg Noodles with butter and cheese

Cream of mushroom soup

protein shake

Pasta with butter and veggies

Pork dumplings

Stir fried egg or Shanghai noodle with beef or chicken and red pepper

Fried rice with chicken, peas and eggs

Veggie chilli with soldiers (cut up strips of whole wheat bread)

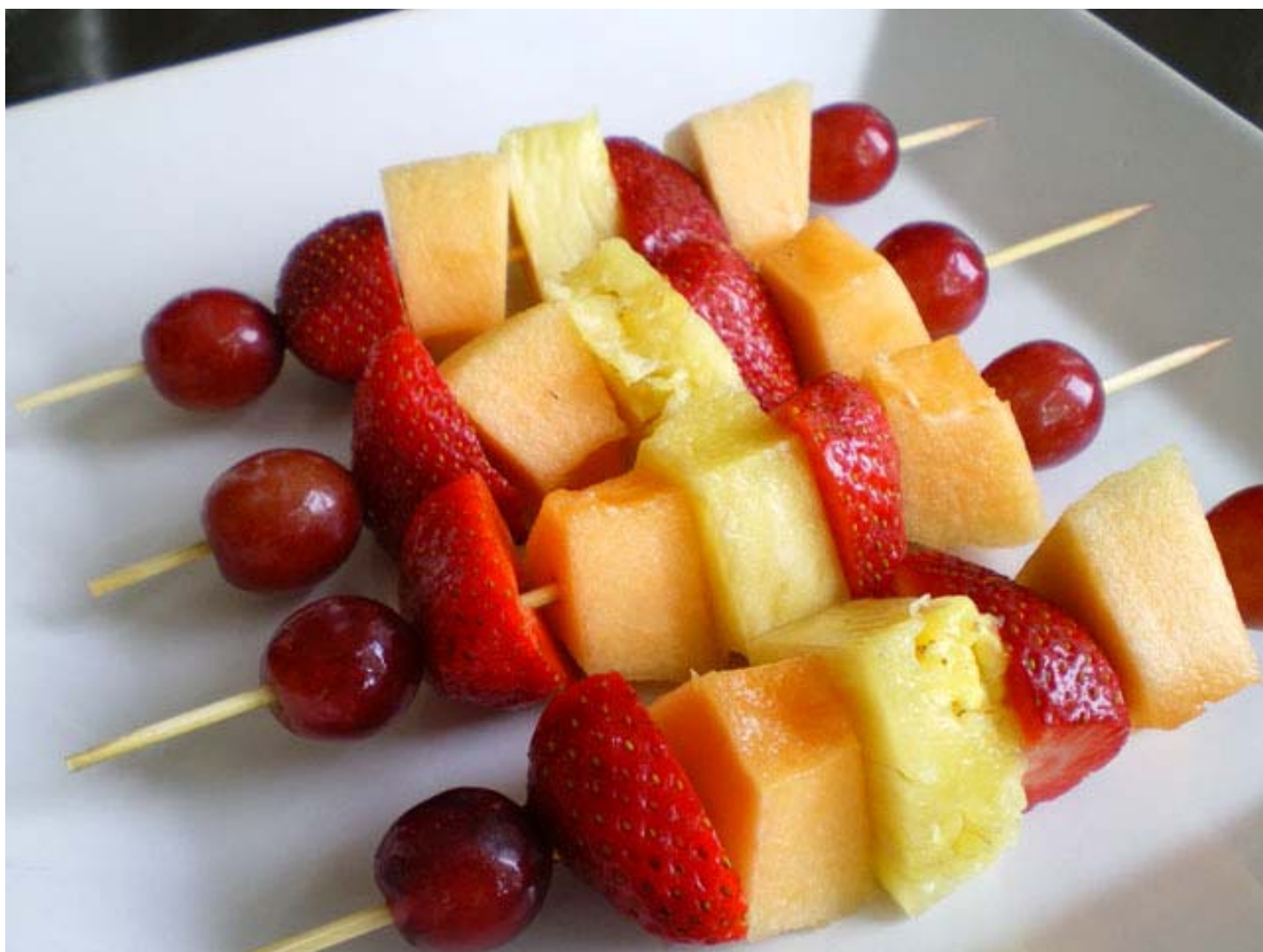
Chunky chicken stew (from last night's left overs)

Chicken noodle soup (with an egg added)

Miso soup

Matzo ball soup

FINGER FOODS



Finger foods

Blueberries

Cantaloupe cut up in small cubes

Raisins

Broccoli stalks (not the trees) - be sure to peel off the tough skin

Celery stuffed with cream cheese (wrap in paper towel – can be messy)

Strawberries

Raspberries

Red, orange and yellow pepper

Hard boiled egg with a little salt

Salami slices

Cheese slices

Bagel bites (mini pizzas)

Capers

Olives

Cheese (cheddar, mozzarella, belle – round ones)

Cheese strings

Cherry Tomatoes

Orange slices

Broccoli chopped up

Mandarin oranges

Blueberries

Grapes

Hummus with whole wheat cracker

Baby carrots with dip

Cucumbers / Red, Orange, and Yellow Pepper

Pineapple

Apples chopped in wedges

Raspberries

Finger foods continued...

Hardboiled egg
Multi grain nachos
carrots, cucumbers
Mango slices
Kiwi slices
Carrot sticks
Apple with sunflower seed butter to dip
Brown rice balls (sticky brown rice, rolled up and baked)
Pepperettes
Cucumber, peppers, and carrots with hummus
Pepperoni sticks (turkey)
Dill pickles
Watermelon cubes
Edamame beans
Salad (with dressing in a separate container)
Bocconcini balls with cucumber and balsamic dressing

SNACKS



Snacks

Fishy crackers/ cheese crackers
Rice crackers with cheese
Vector cereal
Homemade muffins (apple or banana)
Homemade banana bread
Cut up cheese, sliced casaba, crackers to make own lunch
Bread sticks and Nutella
Hummus/tzatziki & pita
Fruit salad (home prepared) or Dole fruit cups
Raisin bread
Cheerios (dry) in a bag
Unsalted soda crackers
Popcorn
Rice cakes (large or snack size)
Cocoa or ginger snaps
Apple sauce
Minigo yogourt
Yop (yogourt drinks)
Sliced cheeses (variety)
Raisins
Yogurt
Yogurt drinks
HotRods (pepperoni sticks)
Pretzels
Plantain Chips
Chocolate wafers
PC alligator crackers
Maple syrup waffle cookies

Snacks continued...

Nut free granola bar

Rice crispy squares

Nut-free brownie or nut-free cookies

Dried fruits (apple, mango, blueberries, strawberries, apricot)

Whole grain crackers and cheese sticks

Graham crackers

Cereal (organic for kids, honey nut cheerios, rice krispies)

Chewy bar (Quaker)

Bear paws cookies

Small Kit-Kat

'Fruit-to-go' bar

Chocolate chip Cliff Bar

Whole wheat pumpkin pancakes (homemade) with a little bit of syrup

Cereal such as Cheerios, Mini Wheats, Life, Bran Flakes (child buys milk at school)

Fig newtons

Fruit cup in juice, not syrup

"brownie" muffin (cocoa-bran muffin with chocolate chips and flax meal)

Cereal squares (rice and corn cereals, dried fruit, sesame and sunflower seeds, marshmallows)

A wagon wheel

Mini muffins

Ginger cookies

Fruit bar

Wasabi peas

Homemade muffins (oatmeal or bran)

Whole fruit (apples, oranges, pears, plums, nectarines)

Cinnamon raisin bread with cinnamon spread

Oatmeal cookies

DRINKS



Drinks

100% fruit juice

Flavoured water

Diluted apple juice

Water

Yogurt (e.g. yop) mixed with milk

Plain milk

Freshly squeezed juice e.g. carrot juice, mango juice

Hot chocolate

Chocolate Milk

Fruitopia

Milk, Strawberry Milk, Chocolate Milk (Thermos)

Soy milk

V8

Organic soy milk (comes in Strawberry, Chocolate, and Vanilla)

Organic milk

Mango juice

Orange juice

Apple juice

Camomile, mint tea

Milo drink box

'So Good' Chocolate drink box

Kool-aid

Fruit punch - juice box

Tropical juice - juice box

OTHER



Other

Make your own sushi – rice in bowl, sushi paper, cut up cucumbers

Maki rolls (rice, cucumber, avocado wrapped in seaweed paper)

Coleslaw

Chickpea salad with red and yellow peppers, finely chopped tomatoes and a little bit of celery

Potato salad with a little bit of mayo (can add egg)

Pasta salad with black olives, roasted red pepper and a little bit of mayo



Afterword

From the bottom of my heart, I would like to thank all the parents who participated in contributing their ideas to this e-book. I hope all of you find it useful when deciding what to give your children for lunch each day.

Remember, that these are just ideas. Feel free to mix and match and create combinations that are right for you and your family.

All the best.