

# HEALTHY SCHOOL LUNCH CHEAT SHEET

Instructions: Refer to the serving suggestions in each category. Select your favourite option and pack it for an enjoyable and healthy lunch.



## STEP 1: PROTEIN

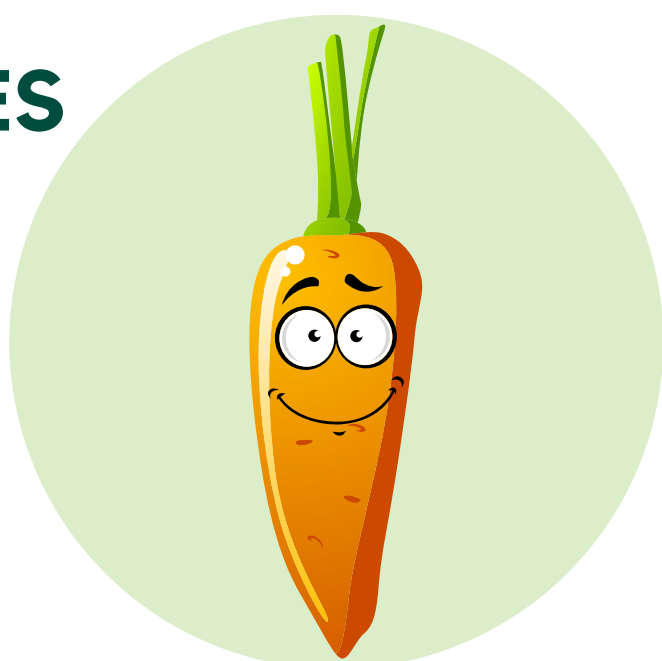
2 Servings

- Hard boiled Egg
- Turkey
- Falafel
- Steam Chicken Breast
- Homemade Meatballs
- Tuna or Salmon
- Cheese
- Hummus
- Bean Dip
- Edamame (Fresh or dried)
- Zucchini Fritters

## STEP 2: VEGETABLES

2 Servings

- Carrot Sticks/Baby Carrots
- Celery Sticks
- Cucumbers
- Capsicum Sticks
- Homemade Salsa
- Broccoli Flowers
- Snap Peas
- Asparagus
- Avocado
- Cherry Tomatoes



## STEP 3: WHOLE GRAIN

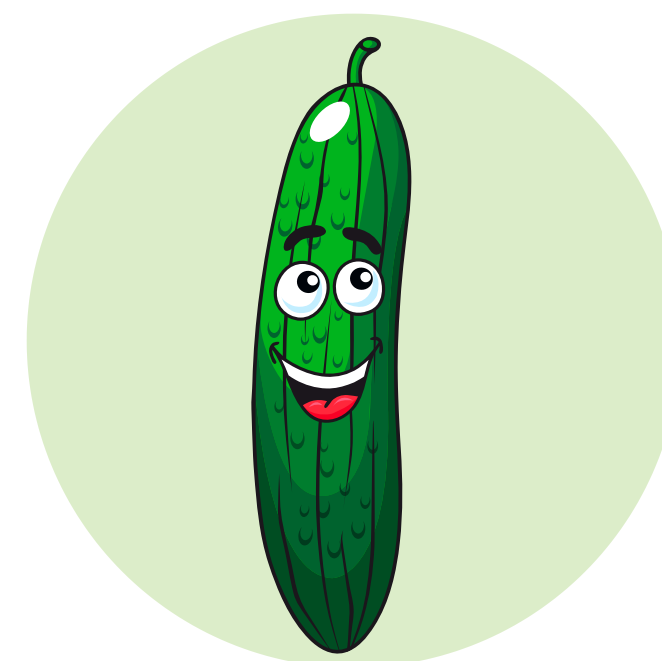
1 Serving

- Whole Grain Crackers
- Whole Wheat Wrap
- Quinoa
- Brown Rice
- Oats
- Whole Wheat Pasta/Pasta Salad
- Potato Salad
- Homemade Popcorn
- Sweet Potato

## STEP 4: FRUIT

1 Serving

- Sliced Apples
- Grapes
- Blueberries
- Strawberries
- Pineapple
- Kiwi
- Watermelon
- Oranges
- Peaches



## STEP 5: SNACKS/TREATS

1 Tsp (Optional)

- Roasted Chickpeas
- Greek Yogurt with Dill
- Homemade Guacamole
- Seedless Kalamata Olives
- Ricotta Cheese
- Corn or Veggie Chips
- Rasins
- Pickles
- Homemade Oat Bars