

Back to School Lunchbox



	Monday	Tuesday	Wednesday	Thursday	Friday
Snack a.m	Apple wedges 25 g (¾ oz) Cheese cubes	100 g (½ cup) Yogurt 125 mL (½ cup) Berries	Applesauce bars*	100g (½ cup) Yogurt with 25 mL (2 tbsp) cereal topping	125 mL (½ cup) Veggies and 25 mL (2 tbsp) dip
Lunch	Vegetarian Chili Bake*	Vietnamese Beef Noodle Soup ^{1*} 125 mL (½ cup) Fruit cup 250 mL (1 cup) 1% or 2% Milk	50g (1 ½ oz) Sliced cheese with cucumber slices on multigrain bread. 1 Pear 250 mL (1 cup) 1% or 2% Milk	125 mL (½ cup) Stuffed Tuna Salad Pita Cut up lettuce, tomatoes and cucumbers 250 mL (1 cup) 1% or 2% Milk	Refried bean and cheese quesadillas* Apple Slices 250 mL (1 cup) 1% or 2% milk
Snack p.m.	20 Grapes 30g Whole Grain Crackers	25g (¾ oz) Cheese 125 mL (½ cup) Fruit Pieces	Cut up veggies 25 mL (2 tbsp) Hummus	500g (2 cups) Popcorn with 15 mL (1 tbsp) Parmesan cheese topping	Lunchbox Granola Bars* 125 mL (½ cup) Apple Juice

* These recipes are available on the Heart & Stroke Recipe Helper app, at www.heartandstroke.ca/mobileapps.

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