

Back to School Lunchbox



	Monday	Tuesday	Wednesday	Thursday	Friday
Snack a.m	125 mL (½ cup) Cottage Cheese 125 mL (½ cup) Cantaloupe	Mini Banana Bran Muffin ^{1*} 125 mL (½ cup) Apple Juice	30g Whole Grain Cereal 125 mL (½ cup) 1% or 2% Milk	1 Cheese string ½ English Muffin, Whole Grain 5 mL (1 tsp) soft margarine	250 mL (1 cup) Fruit and Yogurt Smoothie
Lunch	125 mL (½ cup) Chicken salad with cut up apples on whole wheat bun 125 mL (½ cup) Peas in the pod Water	250 mL (1 cup) Cheese filled pasta with tomato sauce 1 small Whole Grain bun ½ cup (125 mL) Berries Water	Mini Pizzas [*] Green and Red Pepper Strips Apple Wedges 250 mL (1 cup) 1% or 2% Milk	Chicken and Barley Soup [*] 1 small Whole grain bagel 125 mL (½ cup) Sliced Mango 250 mL (1 cup) 1% or 2% Milk	Farmer in the Dell lunch [*] Water
Snack p.m.	Cut-up veggies 25 mL (2 tbsp) Hummus	125 mL (½ cup) Fruit cubes 25 mL (2 tbsp) Yogurt dip	Baked Herb Pita Crisps with Roasted Carrot Dip [*]	Applesauce Bar [*] 125 mL (½ cup) Orange Juice	Lunchbox Granola Bar [*] 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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