

Healthy Lunch Alternatives submitted by parents

Your ideas are most welcome.



- “Wowbutter” – sold in the health food section at Superstore and Sobeys – sells for \$3.99 for a 500 gram bottle. (Find more information on the web site under cafeteria tab)
- Tortilla spread with a little cream cheese and then a layer of jam. I would roll this up and cut it in rounds.
- Parents to buy a thermos so the students could have a warm lunch? Very simple, keeps food warm. Also, in terms of food, cereal for lunch works, fruit and veggies, pasta salad, roll and cheese and wraps.
- I cut a bagel into bite size pieces, and send along their favorite cream cheese for dipping.
- I make inside out sandwiches: I take a breadstick and wrap a piece of ham and cheese, or turkey and cheese around the bread stick. You can tie them together with a piece of fruit leather.
- Hi there, here's one, you may have this already but for my kids, I put boiling water in their thermos in morning and let sit (while we eat breakfast), and then I heat leftover pasta from last evening's supper and put it in (after pouring out the water). They must find it warm enough because it always gets eaten.

