

September: School Lunches

New school year, new lunch menu! It's time to shake things up and try something new!

- **Involve your kids.** Letting your child choose the foods they like will increase the chance of them eating the foods you send.
- **Switch up bread options.** Try using whole grain wraps, pitas, small bagels, English muffins, buns or a different type of bread.
- **Add excitement to vegetables and fruit.** Send fruit such as bananas, pineapple or apples with a yogurt dip or vegetables like carrots, cucumbers or celery with hummus dip. Keep in mind; kids are more likely to eat vegetables and fruit that are already cut up!
- **Offer a variety of meat and meat alternatives.** Use leftover meat from supper or make a homemade egg salad mixture for sandwiches.
- **Include milk and milk alternatives.** Have a carton or container of milk with lunch. Add cheese to your child's sandwich or some yogurt to round out the meal

Aiming to include a food choice from *each* of the *four* food groups (Vegetables and Fruit, Grain Products, Milk and Alternatives and Meat and Alternatives) makes for a balanced and healthy meal.

For more information and lunch ideas visit:

<http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-whats-for-lunch.pdf>