

Mrs D's Lunch Idea #1

Wraps!

Wraps are so much easier to prepare than a sandwich. Here's what you do: Buy small whole wheat wraps. Spread a thin layer of mayo or butter, lay your child's favourite meat on top of the mayo or butter, spread whatever condiments they like on top and roll into a tight log. Cut width-wise on angles. Your children will simply love the novelty of eating their sandwich in a cool new way. If your child likes cheese, you can even do a cheese log for a surprise one day. Sprinkle grated cheese into the wrap and follow the directions above.

Yum! Yum!

Mrs D's Lunch Idea #2

Meat Rollups!

Instead of a sandwich every day, why not mix it up by sending some of their favourite meat rolled up with a side of some yummy seasoned bread sticks and some cheese. Deliciously different, mmmmmmm!

Mrs D's Lunch Idea #3

Soups!

Consider packing a yummy soup in a thermos and add cheese and crackers as a side - tasty!

Mrs D's Lunch Idea #6

Bagels!

Ever try bagels with cream cheese for lunch? We don't need to send meat with every lunch we make. Cream cheese has protein and it is hearty enough to keep them full and will provide them with the energy they need to get through the afternoon. Some hit combinations are: Cheese bagels with herb and garlic or plain cream cheese, everything bagels with onion or plain cream cheese, plain bagels with pineapple or plain cream cheese, blueberry bagels with strawberry or plain cream cheese, whole wheat bagels with light cream cheese, poppy seed, or sesame seed bagels with any of the cream cheeses

Thanks Dad.

Thanks Mum.

Mrs D's Lunch Idea #5

Dip Dips!

Sending veggies and dip doesn't have to be an all-night chopping job. Choose one veggie per day. Slice up some cucumber one day and send with a small container of dip. Next day send carrots or celery or cauliflower - keep it simple and fresh with plenty of interest and variety,