

Healthy Students Healthy Schools

Living Healthy

Lunch Ideas for Schools

Popular lunch items that can meet School Food Guidelines:

- Pizza
- Wraps
- Pasta Dishes
- Sub Sandwiches
- Mexican meals: Fajitas, Burritos, Quesadillas, Chili
- Burgers
- Salads
- Soups
- Traditional favourites Ex. Hot Chicken dinner.

To create a Lunch Special, add:

- White Milk
- Salad or Carrot sticks with dip
- Fruit

Here are some ideas to help make popular lunch items meet the School Food Guidelines.

Pizza

- Use lean meats such as chicken, ham, or lean ground beef.
- Vegetarian pizza combinations are popular as well.
- Cheese should be partially skimmed . Or use less cheese.

Once your students get used to different pizza toppings, you can introduce Whole Wheat crust. There are whole wheat crust pre-made products available. Some taste better than others. Ask your supplier for samples to test.

Wraps

Students love wraps, especially when warmed.

- Use lean meats ex. Chicken, Beef
- Add vegetables. Ex. Green pepper, mushrooms.
- Serve with salsa
- Use whole wheat or multi-grain tortilla shells.

Pasta Dishes

Try popular ones: spaghetti, goulash, & homemade macaroni and cheese.

- Use whole wheat pasta. (Some schools started using half regular pasta and half whole wheat

pasta.) If the pasta is in a sauce, students will not notice.

- Light on the cheese.
- Another chance to add vegetables in these dishes.

Submarine Sandwiches

- Lean cuts of meat: turkey, ham, roast beef, chicken
- Use whole wheat buns
- Easy on the light mayonnaise
- Add vegetables: lettuce, tomato

Mexican meals

- Use lean meats of chicken or lean ground beef.
- Kidney beans can be used. (They are low in fat and high in fibre)
- Serve with salsa and light sour cream. Use less cheese.
- Add vegetables: tomatoes, peppers, mushrooms, onion, etc.

Burgers

- Find a leaner patty. Also use a regular size instead of jumbo size.
- Top with ketchup, mustard, relish, hot peppers, pickles, lettuce, tomato. (Forget the mayo, cheese, or bacon).
- Chicken burgers from baked chicken will meet the guidelines.
- Use whole wheat buns

A Healthy Cafeteria Lunch Menu (that students & staff will love!)

Week	Choice	Monday	Tuesday	Wednesday	Thursday	Friday
1	1	BBQ Chicken Pizza	Hamburger with carrot & celery sticks & dip	Macaroni & Cheese with side Tossed Salad	Hot Chicken dinner with mashed potatoes & carrots	Fajitas – Beef or Veggie
	2	Chef Salad with roll	Chicken Rice Soup and crackers	Club* Sub	Tomato Vegetable Soup & roll	Tossed Salad with breadsticks
2	1	Chicken* Burger	Goulash	Chicken Wrap	Veggie Pizza	Bean Burritos
	2	Beef and Vegetable Soup	Tossed Salad with roll	Chicken Noodle Soup	Turkey Sub	Caesar Salad with French bread
3	1	Quesadillas – Beef or Veggie	Sweet 'n' Sour chicken with rice & carrots	Lean Ground Beef Pizza	Chicken Caesar Salad with breadsticks	Vegetarian Spaghetti
	2	Tuna Pita with carrot & celery sticks & dip	Chef Salad with breadsticks	Turkey Vegetable Soup with roll	Club* Sub	Warm Roast Beef Wrap
4	1	Lasagna- Beef, Chicken or Vegetarian	Hawaiian Pizza	Hot Turkey Sandwich with mashed potatoes & carrots	Chilli with Roll	Grilled Cheese Sandwich
	2	Tomato Vegetable Soup & roll	Turkey Sub	Tossed Salad with breadsticks	Warm Chicken Wrap	Chicken Noodle Soup

Notes:

Club Sub* - A healthy Club Submarine Sandwich is made with lean cuts of Turkey, Ham, and Roast Beef.
 Chicken Burger* –can be made from whole chicken pieces, grilled breast pieces or a baked (at the manufacturer and at school), battered product.

Available Every Day:

- Sandwiches: Roast Beef, Turkey, Chicken, Ham, Tuna, or Egg
 - Salads: Tossed, Chef, Mixed Greens, Caesar, Fruit, Potato, Pasta, or Vegetable
 - Soups
- Pick a few items to have a different selection each day.



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