



# Back to School LUNCHES



The LBPSB Nutrition department welcomes you and your child back to school.

Here are a few tips on preparing a balanced lunch!

## Prepare a Balanced Lunch Box

Be sure to include protein, whole grains, fruits and vegetables in your child's lunch.

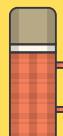
Follow the *healthy plate model*:



Don't forget to include water and a nutritious snack of protein and fiber!

## Food Safety

Pack a thermos or insulated lunch bag to keep hot foods at their appropriate temperature.



Use an ice pack to keep lunches, snacks and beverages cold.



Make sure to wash your hands and produce before packing a lunch.



Wash all containers and lunch bags with hot water and soap after being used.



## Get Creative With It!

Focus on presentation:



Prepare skewers with fruits, vegetables or proteins

Cut foods into shapes



Use color themes such as eating the rainbow

Try a new cuisine

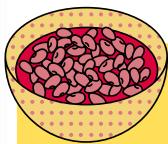




# Back to School 5-DAY MENU



## Lunch



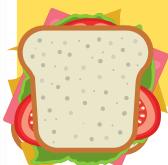
**Monday:**  
Whole grain tortilla wrap with roasted turkey and spinach, celery, peach slices, yogurt and water

**Tuesday:**  
Egg salad sandwich made with whole grain bread, cherry tomatoes with dip, apple slices and water

**Wednesday:**  
3-bean chili, whole grain crackers with cheese, carrots, blueberries and water

**Thursday:**  
Chicken strips, brown rice, broccoli, grapes and water

**Friday:**  
Tuna melt made with whole grain bread, cucumber slices, banana and water



For additional resources, check out <https://healthandnutrition.lbpsb.qc.ca/>

## Snacks



**Monday:**  
Grapes and cheese

**Tuesday:**  
Whole grain crackers with hummus

**Wednesday:**  
Berries with plain Greek yogurt

**Thursday:**  
Hard boiled egg with apple slices

**Friday:**  
Carrots with yogurt dip (tzatziki)

