

Peanut Butter-less Lunches

Are you finding it challenging to make lunches and snacks for your children without the famous peanut butter sandwich? Well, say goodbye to the old stand-by and hello to easy-to-make peanut-free lunches.

If you are concerned that your child will not be getting enough protein at lunch without peanut butter, you'll be happy to know that they're probably getting more than enough protein each day already. Most people can easily meet their daily protein requirements by choosing foods from the four food groups of Canada's Food Guide to Healthy Eating. While protein is primarily found in Meat & Alternates and Milk Products, smaller amounts are also in the Grain Products and Vegetables & Fruit groups.

The following foods have approximately the same amount of protein as 2 tablespoons of peanut butter (1 serving of Meat & Alternatives):

1 oz meat	1 oz cheddar cheese
1 cup yogurt	1 cup raisin bran (Post)
1 cup milk	1 bagel

In fact, one slice of cheese pizza has almost two times the protein as 2 tablespoons of peanut butter.

School Lunch Ideas – Easy, Nutritious and Peanut Butter-less!

The lunch meal should contain at least one food from each of the four food groups of Canada's Food Guide to Healthy Eating. Mix and Match to plan a balanced lunch:

Grain Products

bread- whole wheat, rye, cracked wheat, oatmeal, pumpernickel bagels, rolls, buns english muffin leftover pasta - like macaroni & cheese or spaghetti muffins pita bread crackers

Vegetables & Fruit

fresh fruit
canned fruit in own juices
fruit juice
vegetable sticks (with dip)
vegetable juice

Milk Products

2%, 1%, skim milk
yogurt
cheese
cottage cheese
milk-based custard or pudding
milk-based cream
soup
quark cheese
cheese slices

Meat & Alternatives

hard boiled egg
chick peas
refried beans
leftover chicken leg
cold meatloaf
cold cuts
hot chili con carne
hot vegetarian chili
hot beef stew
leftover pizza
hot baked beans
hot lentil soup

Example Peanut Butter-less Menus

Monday

sliced meat, cheese and lettuce in a pita
carrot sticks
orange slices
milk

Tuesday

cold hard boiled egg
celery stuffed with soft cheese
raisin bran muffin
milk pudding
fruit juice

Wednesday

crackers with cheese cubes (or cheese slices) & sliced cold cuts
cucumber slices
canned fruit (in juice)
milk

Thursday

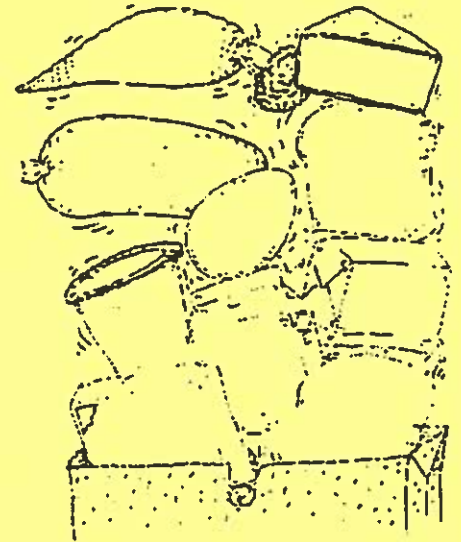
leftover pizza slice
green pepper rings
yogurt
fruit juice

Friday

leftover spaghetti with meatsauce
vegetables & dip
fresh fruit
milk

Plus...peanut butter-less snacks !

- ✓ plain yogurt mixed with fruit
- ✓ milk puddings
- ✓ fruit cups (canned in juice)
- ✓ any fresh fruit
- ✓ celery sticks stuffed with soft cheese
- ✓ cheese and crackers
- ✓ whole grain cereal
- ✓ whole grain muffin
- ✓ half bagel with cheese
- ✓ juice boxes - vegetable or fruit
- ✓ popcorn for older children
- ✓ vegetables with dip
- ✓ sliced meat wrapped around cheese sticks
- ✓ hard boiled egg
- ✓ mini pitas stuffed with cheese- try cream, swiss, gouda
- ✓ mini bagels with cream cheese and cucumber slices



Don't forget to pack food safely:

- ☞ Use a wide-mouth thermos to keep milk cold and foods, like chili and pasta, hot.
- ☞ To keep food cold, use frozen juice boxes or frozen bread for sandwiches (they will thaw by lunchtime) or use an insulated lunch bag. Sandwiches that are made the night before will stay colder better than those made in the morning.

SNACKS FOR THIRSTY CHILDREN

Apple Juice	Grapes	Pineapple
Apples	Kiwis	Plums
Blackberries	Mangoes	Raspberries
Blueberries	Melons	Strawberries
Cantaloupe	Milk--plain or chocolate	Tomato Juice
Cherries	Nectarines	Tropical Fruit Juice
Cherry Tomatoes	Orange Juice	Vegetable Juice
Cucumber	Papaya	Water
Grapefruit	Peaches	Watermelon
Grapefruit Juice	Pears	Yoghurt Beverages
Grape Juice		

SNACKS FOR HUNGRY CHILDREN

Apple Sauce	Eggs--Devilled or hardcooked	Popcorn
Apricots	Hummus	Sandwich--half: cheese, egg salad, ham, peanut butter, salmon, tuna
Bagel	Ice Cream	Vegetables (raw): broccoli pieces, carrots, celery, kohlrabi, peppers, radishes, snow peas, zucchini
Banana	Ice Milk	Yoghurt
Bread & Buns	Milk Pudding	
Bread Sticks	Muffins--whole grain	
Cereal--not sugar coated	Nuts & Seeds	
Cheese	Peanut Butter	
Cottage Cheese	Pita Bread	
Crackers	Pizza	
Egg Roll		

SNACKING ON THE RUN

- Peanut butter and crackers
- Handful of whole grain cereal...add a few grapes or chunks of cheese
- Whole grain muffin
- Half sandwich with a few slices of fruit
- Half bagel with cheese or peanut butter
- Snack size yoghurt, milk puddings, fruit cups
- Milk/milk shakes in drinking boxes
- Any fruit...grapes, orange wedges, canned pineapple spears or chunks
- Celery sticks filled with soft cheese or peanut butter and a few crackers
- Popcorn or nuts (for older children)
- Crackers and cheese