

Healthy Lunch Ideas

Grilled Tomato and Cheese Sandwiches, served with raw veggies and ranch dip*

Cottage Cheese and Peaches (or Pineapple), served with Muffins

Bean and Cheese or Meat and Cheese Burritos*, served with Creamy Orange Coolers* or Fruit

Luncheon Salmon Patties*, served with Strawberry-Peach Slushies* and Bread and Butter

Popcorn Chicken*, served with Ranch Potato Wedges* and Fruit

Fruit and Yogurt Smoothies*, served with Muffins

Corn Dog Muffins*, served with Fruit or Smoothies

Sloppy Corn Bread Muffins*, served with Green Beans and Milkshakes*

Hummus on a Whole Wheat Pita, served with Fruit

Build Your Own Salad Bar (lay ingredients on the counter and let everyone build their own salad) – Torn Greens, Chopped Tomatoes, Shredded Cheese, Sliced Mushrooms, Cooked Chicken Pieces, Boiled Eggs, Frozen Peas (thawed but uncooked), served with cheese toast (place a slice of cheddar cheese on a piece of bread and broil in the oven just a few minutes until cheese is melted)

Beanie-Weanies (baked beans with cut hotdog bites), served with bread and butter and applesauce

Homemade Pizza Pockets*, served with carrot sticks and fruit

Baked Potatoes, topped with shredded cheese, butter and sea salt, or kreme fresh* (sour cream), served with boiled eggs and fruit

Creamy Mac and Cheese*, served with steamed peas and carrots

Cheese Quesadillas dipped in Salsa, served with fruit

Bean Dip (refried beans seasoned with a little chili powder then topped with cheese and melted in the oven, served with organic corn chips and fruit

Taco Potatoes*, topped with meat cheese, lettuce and tomatoes, served with fruit

Hamburger Patties, served with sliced tomatoes and green beans

Fried Eggs on Toast, served with Fruit

Tuna Salad on tomato slices, served with Crispy Cheese Crackers* and Fruit

Potato Soup*, served with Carrot sticks

Peanut Butter (or Sun Butter) Honey Toast, served with Raw Veggies and Fruit

Black Bean Salsa*, served with Organic Corn Chips and Fruit

Scrambled Eggs, served with Fruit and Toast

Tuna Melts (tuna on bread, topped with cheese and melted in the oven), served with Milkshakes* and Raw Veggies

Alphabet Soup*, served with Homemade Soft Pretzels* and Fruit

Turkey Sausage Patties*, served with Hash browns* and Fruit

Strawberry Yogurt Fruit Dip*, served with Sliced Apples and Grapes and Bread with Peanut Butter

Spanish Rice with Leftover Meat (Stir together cooked rice, leftover chicken or ground meat, corn, salsa and sour cream), served with Fruit

*Recipes can be found in the recipe dropdown section of HeavenlyHomemakers.com.

Quick Lunchtime Tips

- ❖ Plan ahead so that when lunch time comes you are ready to pull your meal together.
- ❖ Make a list of all the lunch-type items you have on hand for each week, then each day you can look at the list to see what sounds good. Or, you can let your kids pick from the list and "help you plan".
- ❖ Let your kids help you prepare the meal. They are more likely to eat well if they help.
- ❖ Make food ahead of time and put it in the freezer to warm up at lunch time. Many of the meal ideas mentioned (pizza pockets, burritos, etc.) can be easily made ahead, frozen, then warmed in the oven for a quick, hot lunch!
- ❖ Eat Leftovers. In fact, it's nice to freeze leftovers in small "lunch-sized" portions. Label them well so you aren't faced with a lunch time surprise!

Visit www.heavenlyhomemakers.com for more menu planning ideas and recipes!