

## PEANUT BUTTER-LESS LUNCH AND SNACK IDEAS

Are you concerned that your child is not getting enough protein at lunch without peanut butter? Most children and adults can eat enough protein by choosing foods from the four food groups of *Canada's Food Guide to Healthy Eating*.

Protein is found in the Meat & Alternatives and Milk Products food groups. Smaller amounts are also found in the Grain Products and Vegetables & Fruit food groups.

**These foods have about the same amount of protein as 30 ml (2 tbsp) of peanut butter:**

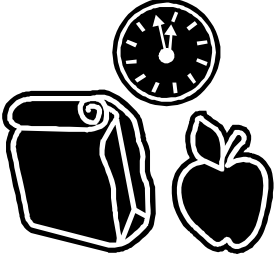
• 30 g (1 oz) meat, poultry or fish	• 250 ml (1 cup) milk
• 2 eggs	• 175 ml (3/4 cup) yogurt
• 175 ml (3/4 cup) beans, peas or lentils	• 30 g (1 oz) cheddar cheese

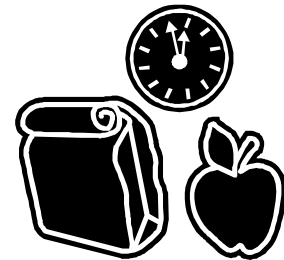
### School Lunch Ideas - Easy, Nutritious and Peanut Butter-Less!

Lunch should include 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	Vegetables & Fruit	Milk Products	Meat & Alternatives
<ul style="list-style-type: none"> <li>• bread - whole wheat, rye, cracked wheat, oatmeal, pumpernickel</li> <li>• English muffin</li> <li>• leftover pasta - like macaroni &amp; cheese or spaghetti</li> <li>• muffins</li> <li>• pita bread</li> <li>• crackers</li> <li>• bagels, rolls, buns</li> <li>• soft tortilla shells</li> </ul>	<ul style="list-style-type: none"> <li>• fresh fruit</li> <li>• canned fruit in juice</li> <li>• fruit juice</li> <li>• vegetable sticks (with dip)</li> <li>• vegetable juice</li> <li>• salad</li> <li>• corn on the cob</li> </ul>	<ul style="list-style-type: none"> <li>• 2%, 1%, skim milk</li> <li>• yogurt</li> <li>• cottage cheese</li> <li>• milk-based custard or pudding</li> <li>• milk-based soup</li> <li>• quark cheese</li> <li>• cheese slices or sticks</li> </ul>	<ul style="list-style-type: none"> <li>• hard boiled egg</li> <li>• pea or lentil soup</li> <li>• leftover chicken leg</li> <li>• meatloaf</li> <li>• cold cuts</li> <li>• chili</li> <li>• beef stew</li> <li>• baked beans</li> <li>• bean spread, like hummus</li> <li>• meat sauce</li> <li>• canned tuna or salmon</li> </ul>

## Sample Peanut Butter-Less Menus

Monday	Tuesday	Wednesday
<ul style="list-style-type: none"> <li>◆ sliced meat, cheese and lettuce in a pita</li> <li>◆ baby carrots</li> <li>◆ orange slices</li> <li>◆ milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ hard boiled egg</li> <li>◆ celery stuffed with soft cheese</li> <li>◆ raisin bran muffin</li> <li>◆ milk pudding</li> <li>◆ fruit juice</li> </ul>	<ul style="list-style-type: none"> <li>◆ mini bagels with cheese slices and cold cuts</li> <li>◆ cucumber slices</li> <li>◆ canned fruit in juice</li> <li>◆ milk</li> </ul>
Thursday	Friday	
<ul style="list-style-type: none"> <li>◆ leftover pizza slice</li> <li>◆ green pepper rings</li> <li>◆ yogurt</li> <li>◆ fruit juice</li> </ul>	<ul style="list-style-type: none"> <li>◆ leftover spaghetti with meat sauce</li> <li>◆ vegetables and dip</li> <li>◆ fresh fruit</li> <li>◆ milk</li> </ul>	



## Plus...Peanut Butter-Less Snacks

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| 🍏 yogurt with fruit                          | 🍏 juice boxes - vegetable or fruit                         |
| 🍏 milk pudding                               | 🍏 popcorn (for older children)                             |
| 🍏 fruit cup packed in juice                  | 🍏 cut-up vegetables with dip                               |
| 🍏 any fresh fruit                            | 🍏 crackers with sliced meat wrapped around cheese sticks   |
| 🍏 celery sticks stuffed with soft cheese     | 🍏 hard boiled egg  |
| 🍏 cheese and rice cakes                      | 🍏 mini pitas stuffed with cheese - try cream, Swiss, Gouda |
| 🍏 whole grain muffin                         | 🍏 baked potato with chili                                  |
| 🍏 half bagel with cheese and cucumber slices | 🍏 oatmeal or graham cookies with applesauce                |
| 🍏 soft tortilla shell with bean spread       | 🍏 pretzels   |

## Don't Forget to Pack Food Safely

- ☞ Use a wide-mouth thermos to keep milk cold and foods, like chili or pasta, hot.
- ☞ To keep food cold, use a frozen juice box, frozen bread for sandwiches (they will thaw by lunch time) and an insulated lunch bag.