

# Back to School Lunch Ideas with Lunch-Its



## Tupperware

- 100% BPA FREE
- 100% Recyclable
- Reduce Food Waste
- Reduce One Time Plastic Use
- Easier Storage
- Save Time and Money
- Lifetime Guarantee

# ENSURE THEY EAT HEALTHY

**A GREAT WAY TO ENSURE A BALANCED LUNCH BOX IS BY TICKING OFF ALL THE HEALTHY FOOD GROUPS AS YOU FILL IT.**

In this way, your child receives adequate amounts of proteins, fats and complex carbohydrates, which assist in the release of energy from food without any sugar highs and lows. This means wholesome, sustained energy throughout your child's day.

A quarter of kids do not eat the recommended daily fruit intake. And over half are missing out on the recommended daily amount of vegetables.

Since a child's lunch box constitutes such a high proportion of their daily food intake, covering multiple food groups can go a long way towards addressing these issues.

The recipes that follow provide great examples of fun and tasty options, to ensure that lunch box contents actually get eaten.





# WHY TUPPERWARE LUNCH-ITS?



- Every child deserves tasty and nourishing food in their lunch box
- Eating well doesn't have to be difficult or expensive
- Using leftover and homemade snacks prepared in bulk and frozen can save you valuable time and money
- Children don't need any commercial or processed food in their school lunch
- A healthy lunch box doesn't need to take more than 5 minutes to prepare

# WHAT ARE THE SCHOOL FOOD RULES ?



**What foods are not allowed? Are all nuts banned, or just peanuts? Are ‘sometimes foods’ permissible? Or is it strictly no sweets? Is packaged food allowed or does it need to be in Tupperware containers?**

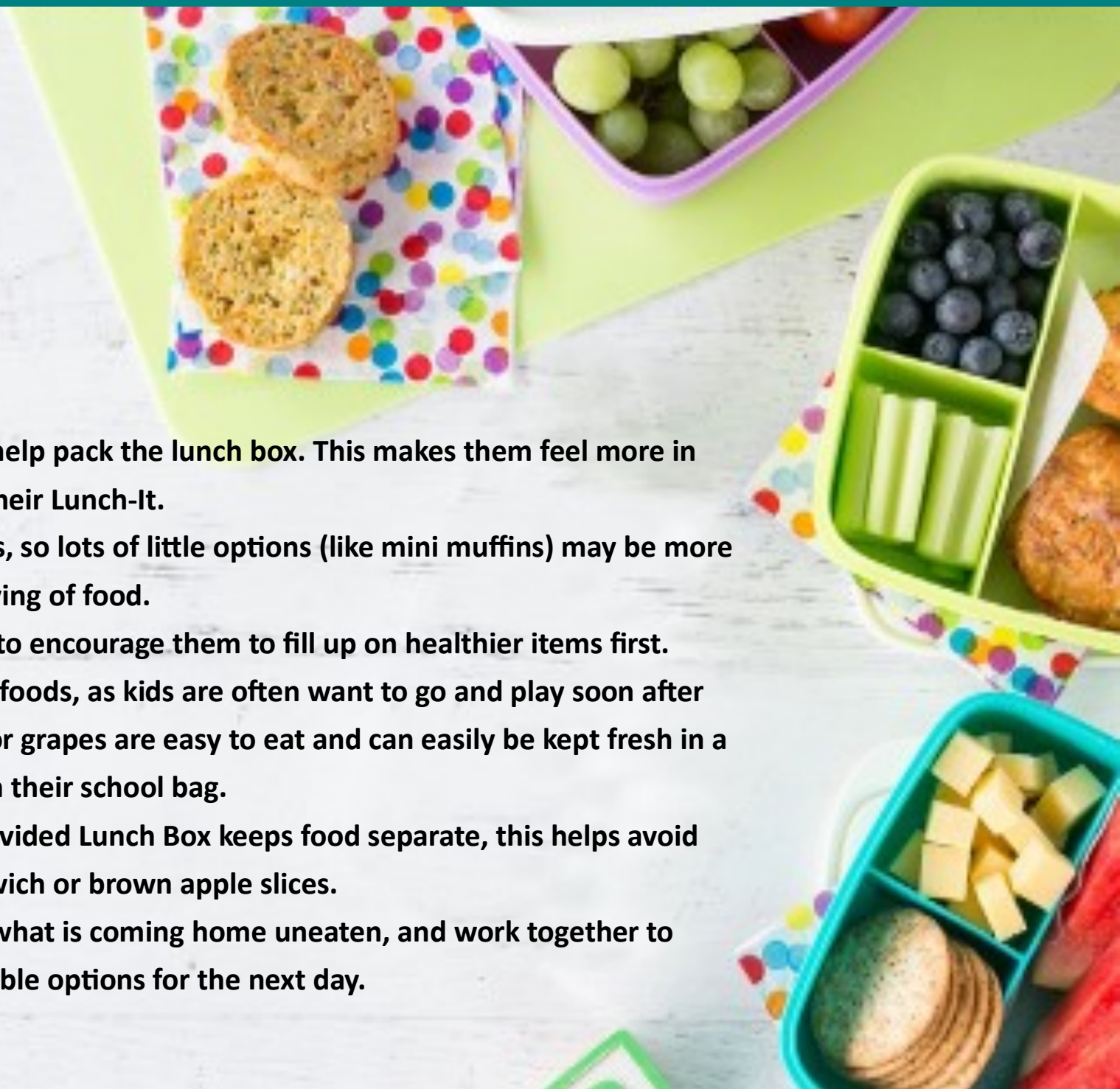
**For instance some schools don’t allow egg, nuts or sesame seeds due to allergies; no popcorn due to the choking risk; and request no ‘sometimes foods’, like chocolate or chips.**

**Try to include protein-rich foods in your child’s lunch box as this will help fill them up. Think tuna or chicken on a salad sandwich, boiled eggs or natural yogurt with berries, a brown rice salad or piece of fruit or vegetables like carrot sticks.**



# LUNCH BOX TIPS TO STOP FOOD COMING HOME

- Encourage your child to help pack the lunch box. This makes them feel more in control of what goes in their Lunch-It.
- Kids have small stomachs, so lots of little options (like mini muffins) may be more suitable than a large serving of food.
- Offer less sweet options to encourage them to fill up on healthier items first.
- Make food simple to eat foods, as kids are often want to go and play soon after eating. Chopped melon or grapes are easy to eat and can easily be kept fresh in a Tupperware Snack Cup in their school bag.
- The Tupperware Large Divided Lunch Box keeps food separate, this helps avoid the dreaded soggy sandwich or brown apple slices.
- Talk to your child about what is coming home uneaten, and work together to come up with more suitable options for the next day.



# WHAT SHOULD GO INTO THE LUNCH ITS?

There are lots of food choices available for lunch boxes. However, it can sometimes be difficult to decide which foods are healthy choices. Suggestions include:

- **Fruit** – best choices include fresh or tinned fruit. Dried fruit is sticky and high in sugar, so have it occasionally. Best left out of the lunch box are dried fruit bars and ‘straps’, which are very high in sugar, low in fiber and stick to children’s teeth causing tooth decay.
- **Vegetables** – try vegetable sticks with dip or a small container with mixed vegetables such as cherry tomatoes, carrot sticks, bell peppers and cucumber. Chips and packets of crisps are best left for parties and special occasions.
- **Milk, yoghurt and custard** – include a small drink of milk (freeze overnight) wrapped in a cloth in the lunch box. Fruit yogurts should be kept cool in an insulated lunch box. Best left out of the lunch box are ‘dairy desserts’ and flavored milks, which are high in sugar.
- **Dips, cheese and biscuits** – pre-packaged or your own homemade versions of cheese and crackers are fine. Children enjoy mini packaged cheeses. Avoid sweet dips such as chocolate spreads. ‘Oven-baked’ savory biscuits are just as high in salt and fat as chips and are best avoided.
- **Different breads add interest** – include a variety of bread, especially if children begin to lose interest in sandwiches. Try bread rolls, pita bread, flat bread, bagels, fruit loaf or buns, focaccias, scones, muffins, biscuits, crispbreads, or rice cakes.
- **Vary the fillings** – fillings can include peanut butter (if allowed), cheese tuna, egg, sliced cold meats, beans, grated carrot and lettuce, chopped roast meat with pickles or chutney, and avocado. Dips like eggplant, chickpea (hummus), cucumber, yoghurt (tzatziki) or spinach also make good spreads. Avoid chocolate spreads, jams and honey, and fatty meats like salami.
- **Muffins and cakes** – try making your own muffins and cakes as a great way to include more fruit and vegetables. Examples include carrot, zucchini, banana or pumpkin. Donuts and creamy cakes are best offered at birthdays and special occasions instead of in lunch boxes.
- **Breakfast bars** – almost all ‘bars’ are too high in sugar to include regularly, but cereal bars may be better for teeth than chewy sticky muesli bars. Try to avoid muesli bars and chocolate bars in lunch boxes. These are expensive and usually stuck together with fats and sugars.

# LUNCH IDEAS

## OPTION #1

Turkey + Cheddar Roll-up  
Fresh Berries  
Yogurt  
Trail Mix

## OPTION #2

Hummus  
Pita Bread  
Grape Tomatoes  
Cucumbers  
Sliced Oranges

## OPTION #3

Cheese Quesadilla  
Guacamole  
Salsa  
Tortilla Chips  
Strawberries

## OPTION #4

Deli Meat + Cheese Kabobs  
Red Pepper Slices  
Apples  
Fruit Leather or Snacks

## OPTION #5

Hard Boiled Eggs  
Baby Carrots + Ranch  
Pretzels  
Peaches or Applesauce

## OPTION #6

Pasta Salad  
Yogurt  
Granola Bar  
Raspberries

## OPTION #7

Almond Butter + Jelly (or PB +J)  
String Cheese  
Fruit Cup  
Chips

## OPTION #8

Crackers  
Cheddar Cheese Cubes  
Grapes  
LaraBar or Cliff Bar

## OPTION #9

Bagel + Cream Cheese  
Yogurt Tube  
Baby Carrots  
Fruit Snacks

## OPTION #10

Veggie Wraps with Hummus  
Edamame or Snap Peas  
Clementine  
Granola Bar

# RECIPE CARDS

9. **BANANA SUSHI**
10. **BUFFALO CHICKEN ROLL UPS**
11. **CLUB SANDWICH KABOBS**
12. **DELI DELIGHT**
13. **GO FISH SANDWICHES**
14. **HAPPY HUMMUS**
15. **PEANUT BUTTER BANANA ROLL UPS**
16. **QUESADILLA OLÉ**
17. **SEALED SANDWICH**
18. **TURKEY & SALAMI SANDWICH KABOBS**
19. **TURKEY ROLL UPS**
20. **VEGGIE SANDWICH KABOB**



# BANANA SUSHI



- 1 large banana**
- 1 large flour tortilla**
- 2½ tbsp. nut butter (peanut or almond)**



- 1. Place flour tortilla on a flat surface and spread nut butter over the whole tortilla until it is fully covered.**
- 2. Peel banana and lay on edge of tortilla.**
- 3. Roll banana in tortilla.**
- 4. Slice tortilla into 1-inch pinwheels. Place in a Lunch It Container.**

# BUFFALO CHICKEN ROLL UPS



## *Spread*

¼ cup mayonnaise

¼ cup Sour Cream or plain greek yogurt

2-3 tsp. buffalo wing sauce to taste

4 large flour tortillas at room temp

Blue cheese crumbles

1 lb. thinly sliced chicken breast

1 celery stalk

Toothpicks



1. In a small Thatsa bowl mix all the spread ingredients until combined.
2. Spread a thin layer of buffalo spread on tortilla, leaving about an inch around the edges.
3. Sprinkle with blue cheese crumbles. Remember, a little bit of blue cheese goes a long way.
4. Top with 2-3 slices of chicken breast.
5. Tightly roll tortilla and slice into 6 pieces.
6. Slice celery stalk. Top each roll up with a slice of celery and toothpick, place in a Lunch It Container.

# CLUB SANDWICH KABOBS



**White bread, cut into cubes**  
**Deli turkey**  
**Bacon**  
**Creamy Havarti cheese, cut into cubes**  
**Lettuce**  
**Grape tomatoes**  
**Mustard or Mayo, for dipping, optional**



1. Skewer the bread cubes, turkey, bacon, Havarti cheese cubes, grape tomatoes, and lettuce onto a bamboo skewer.
2. Serve mustard or mayonnaise on the side for dipping, if desired.
3. Place in a Lunch It Container.



# DELI DELIGHT



## ***Yogurt Ranch Dip***

3 scallions, chopped, about  $\frac{1}{4}$  cup  
 $\frac{1}{2}$  cup chopped fresh basil leaves,  
lightly packed  
2 Tbsp. freshly squeezed lemon juice  
1 Tbsp. Dijon mustard  
1 Tbsp. nice olive oil  
1 small garlic clove, finely chopped  
1 tsp. salt  
1 tsp. freshly ground black pepper  
1 cup mayonnaise  
1 cup plain yogurt

## ***Suggested Sides***

Deli Potato salad or coleslaw  
Deli Fried Chicken  
Watermelon  
Broccoli with yogurt ranch dip  
S'mores brownie



1. In the base of the Power Chef System with the blade attachment add the scallions and basil leaves, cover and pull cord until minced. Change to Paddle attachment, add the remaining ingredients, cover and blend.
2. Place yogurt ranch dip in the Lunch It Container.
3. Add Suggested sides.

# GO FISH SANDWICHES



White or whole grain bread  
1 Tbsp. plain Greek yogurt  
1 tsp. Dijon mustard  
1 tsp. fresh lemon juice  
1 (5-oz.) can albacore tuna in water, drained  
1 celery stalk, minced  
1-2 Tbsp. chopped red apple  
Small pinch of coarse salt and freshly  
ground pepper



1. In a small Thatsa bowl, whisk together the yogurt, mustard and lemon juice. To the bowl add the tuna, minced celery, chopped apple, and the salt and pepper. Mix well. Spread Tuna salad on bread, top with 2nd piece of bread.
2. Cut sandwich with the Fishy Fun Sandwich Cutter or use round pie press.
3. Place in a Lunch It Container.

# HAPPY HUMMUS



1 (15-oz.) can chickpeas, drained,  
liquid reserved  
3 Tbsp. extra-virgin olive oil  
3 Tbsp. tahini  
1½ Tbsp. lemon juice  
1 clove garlic, coarsely chopped  
1 tsp. salt  
½ tsp. finely ground black pepper

## *Suggested Sides*

Pita wedges  
pita chips  
Salami  
olives  
carrots  
baby tomatoes  
Grapes



1. In the base of the Power Chef System with the blade attachment add the chickpeas, olive oil, tahini, lemon juice, garlic, salt, and pepper, cover and pull cord until desired consistency is reached. Add 2 to 3 tablespoons of the reserved chickpea liquid to thin, if needed.
2. Place Hummus in the Lunch It Container.
3. Add Suggested sides.



# PEANUT BUTTER BANANA ROLL UPS



- 1 (8-inch) whole wheat tortilla
- 1 Tbsp. peanut butter
- 1 banana
- 4 strawberries
- $\frac{1}{4}$  cup pretzels
- 1 tangerine, peeled and halved
- 2 celery stalks, halved



1. Spread tortilla with peanut butter.
2. Place banana in center of tortilla. Bring the bottom edge of the tortilla tightly over the banana, folding in the sides. Continue rolling until the top of the tortilla is reached. Cut in thirds.
3. Place banana roll up, strawberries, pretzels, tangerine and celery into a Lunch It Container.

# QUESADILLA OLÉ



1 Tbsp. butter  
2 (10") flour tortillas  
1 cup shredded cheese or your choice

## *Suggested sides*

Avocado slices or guacamole  
Jicama sticks  
Pineapple chunks  
Tortilla chips  
Sour Cream  
Salsa



1. Place a Chef Series II 12" griddle over medium heat, melt  $\frac{1}{2}$  of the butter.
2. Fry one side of one of the tortillas, then remove it from the pan.
3. Put the rest of the butter in the pan, then put the unfried tortilla in to cook. Immediately sprinkle the cheese on top of the tortilla in the pan, then top with the previously fried tortilla, browned side up.
4. Press them together with a spatula and fry the quesadilla until the cheese is melted.
5. Remove it from the pan and cut in wedges like a pizza. When cooled place into a Lunch It container.
6. Add suggested sides.

# SEALED SANDWICH



2 slices bread of choice (white, whole wheat, potato, pumpernickel)  
1 tbsp. nut butter  
1 tbsp. jelly of choice



1. Place slices of bread on flat surface. Use the outer part of the sandwich sealer to press down firmly onto bread to cut out circles. Store crusts for later use.
2. Place bread circles inside the sandwich sealer and add filling in center.
3. Squeeze sandwich sealer to crimp and seal bread slices together.
4. Store in fridge until ready to eat or freeze for up to 14 days.



# TURKEY & SALAMI SANDWICH KABOBS



**Whole wheat bread, cut into cubes**

**Deli turkey**

**Salami**

**Gouda cheese, cut into shapes**

**Grape tomatoes**

**Mustard or mayo, for dipping,  
optional**



- 1. Skewer bread cubes, turkey, salami, Gouda cheese shapes, and grape tomatoes on a bamboo skewer.**
- 2. Serve mustard or mayonnaise on the side for dipping, if desired.**
- 3. Place in a Lunch It Container.**

# TURKEY ROLL UPS



4 oz. cream cheese softened  
⅓ cup whole berry cranberry sauce  
4 (10") flour tortillas  
¼ head romaine or green leaf lettuce  
torn into 4"-pcs  
8 slices deli turkey  
8 slices Havarti or Swiss cheese  
halved  
1 medium tomatoes halved and  
sliced

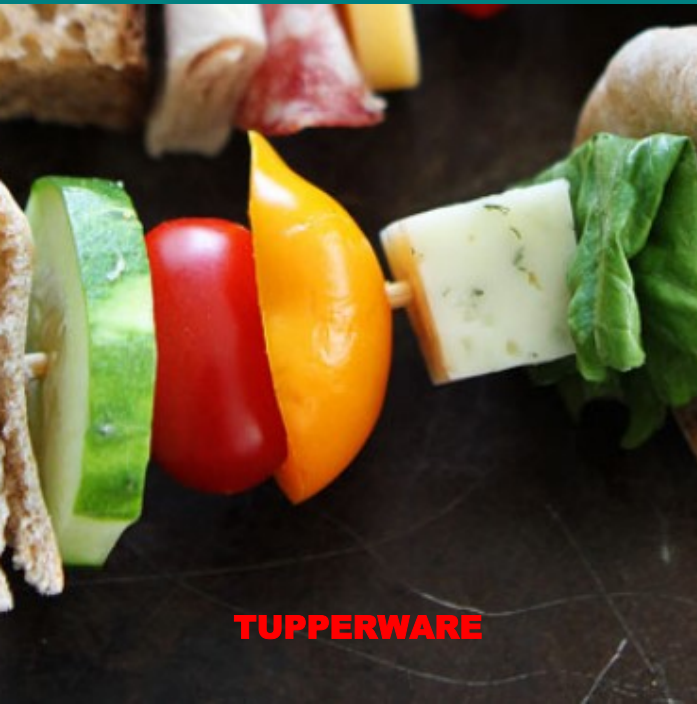
## *Suggested Sides*

Whole-wheat pretzels  
Celery sticks  
Cinnamon-sprinkled apple slices  
Coconut macaroon



1. In a small Thatsa bowl, mix cream cheese with cranberry sauce until uniformly combined.
2. Lay one tortilla flat on a cutting board and spread a thick layer of cream cheese all the way to the edges.
3. Layer 3 lettuce leaves down the middle of the tortilla.
4. Layer two slices of turkey and 4 pieces of Swiss cheese on top of the lettuce. Top with several slices of tomatoes.
5. Starting at one end of the tortilla, roll tightly towards the filling. Continue rolling until the filling is tightly wrapped and the cream cheese holds the rollup together.
6. Continue with the remaining tortillas until all have been assembled. Wrap each tortilla rollup tightly in plastic wrap.
7. Chill the wrapped rollups in the refrigerator until serving time. To serve, trim any unfilled ends away.
8. Slice each tortilla into 8 equal pieces, place in a Lunch It Container.
9. Add Suggested sides.

# VEGGIE SANDWICH KABOBS



Whole wheat pita bread, cut into triangles  
Cucumber slices  
Bell peppers, cut into squares  
Lettuce  
Dill Havarti cheese, cut into cubes  
Hummus, for dipping, optional



1. Skewer whole wheat pita bread triangles, cucumber slices, grape tomatoes, peppers, lettuce, and Dill Havarti onto a bamboo skewer.
2. Serve hummus on the side, if desired.
3. Place in a Lunch It Container.