

Easy Weekend Lunch Ideas

What makes a good weekend lunch for your family?

- **Easy** – Find quick, easy ideas for you have lots to do on weekends. You don't need to spend much time.
- **Healthful** – Offer mostly foods from the five major groups of the Food Guide Pyramid. There's plenty to pick from.
- **Tasty** – Offer foods that look and taste good. Your child may like different foods than you do. That's okay!

Your child may like lunch foods to

- Eat with just fingers!
- Partly prepare. (*Hint: The weekend may be a good time to cook together!*)
- Take to a fun place, perhaps for a backyard picnic.



Try this:

Here are just a few easy lunch ideas for kids. Talk, then write down your child's ideas, too. Try to add food-group foods.

"I'm hungry! What Can I Have for Lunch?"

Your child might enjoy these quick and easy foods.

- **Peanut butter roll-ups:** Spread a soft tortilla with peanut butter and grated carrots. Roll it!
- **Muffin pizza:** Top an English muffin half with tomato sauce, chopped broccoli, and shredded cheese. Heat it in a toaster oven or broiler.
- **Mexican pizza:** Top pita bread with salsa, refried beans, and grated cheese. Heat it.
- **Funny sandwiches:** Cut bread in fun shapes with cookie cutters. Top with deli meat, cheese, humus, or peanut butter.
- **Lunch pockets:** Stuff half a pita pocket with sliced chicken, shredded lettuce and carrot, and a little salad dressing.
- **Waffle sandwich:** Slice a frozen waffle in half. Make a sandwich filling with tuna or egg salad.
- **Chili boat:** Microwave a potato. Cut it in half, and hollow the middle. Fill it with chili.

Your Child's ideas:

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“What else?”

Apple slices

Banana half

Mango slices

Papaya slices

Strawberries

Tangerine sections

Dried fruit

Broccoli “trees”

Cucumber circles

Bell pepper sticks

Raw snap peas



Your child’s ideas:

“What to Drink?”

Plain or flavored milk

Water

Fruit smoothie

Vegetable soup



A weekend lunch is a great time to practice making choices.

- **You decide** – on lunch time. Offer two or three choices, too.
- **Let your child pick** – foods from what you offer and decide how much to eat.

