

# 10 Ways to Switch Up School Lunches

*Adapted from 100 Days of Real Food*

## Think Beyond the Sandwich Bread...



### 1. **Pinwheels** (pictured)

Rolled up whole-wheat tortillas filled with:

- Cream cheese\*, thin cucumber slices, and dill
- Goat cheese\* & roasted red bell peppers (sold as pimentos)
- Peanut butter\* and banana slices
- Sunflower butter\* and all-fruit spread (similar to jelly)
- Egg salad
- Hummus, cheese, and grated carrots

\*Easiest to spread when the tortilla is warm...don't forget the fun toothpicks!

### 2. **Apple Sandwiches** (pictured)

I got this idea from Williams-Sonoma and all you have to do is slice the apple\*, cut out the core with a small round cookie cutter, knife or corer, and fill with:

- Peanut or sunflower butter
- Raisins
- Raw rolled oats (optional)

\*Can also squirt apple with a little lemon juice so it doesn't turn brown

### 3. **Whole Grain Crackers**

Top with all the usual sandwich fillings or use two crackers to make little sandwiches.

#### 4. **Whole-Wheat** [Waffles](#), [Banana Bread](#) or [Biscuits](#)

Any of these options would be a fun stand-in for the typical sandwich bread. The waffles and banana bread would be especially delicious with some plain or flavored cream cheese in the middle.

#### 5. **Whole-Grain** [Muffins](#)

Forget a sandwich all together and send in some homemade whole-wheat muffins – like [zucchini](#) or [blueberry](#) – in place of bread. Most muffins can be made in advance and pulled out of the freezer the night before school.

### **Other Lunch Ideas...**

#### 1. **Whole-Wheat Non-Deep Fried Donuts**

When I brought home a little plug-in [donut maker](#) (similar to a waffle maker) from [Target](#) my husband said, “Oh great, another appliance to find room for.” But my children devour these little donuts and feel like they’re getting an extra special “treat” so I think it was well worth the purchase. You can also make an extra big batch of these mini-donuts and freeze the extras for later. If you buy one try this recipe for 28 donuts: 1 cup whole-wheat flour, 3 tsp baking powder, 1 egg, 1/2 cup milk, 1/4 cup pure maple syrup, 1/2 teaspoon vanilla, 4 tablespoons oil (I used coconut oil).

#### 2. **Fruit Kabobs**

Incorporate fruit and cheese that you know your child likes as well as one new item. Everything is more fun on a stick!

#### 3. **Whole-Wheat Pizza Toast**

This is much faster than making regular pizza from scratch and just as delicious. Simply top regular whole-wheat sandwich bread with sauce and cheese then pop it in the toaster oven....and voila!

#### 4. **Warm Lunch in Thermos**

A Thermos is a great way to switch things up when it comes to packing lunch. Try [soups](#), oatmeal, brown rice or whole-grain pasta dishes, and leftover dinners.

## 5. **Homemade Freezie Pops or “Gogurts”** (pictured)



10.

### **Homemade Smoothie Pops**

Fill them with everything from [smoothies](#) to plain yogurt mixed with [homemade berry sauce](#) to store-bought applesauce and then stick them in the freezer. They are usually semi-frozen by the time my daughter eats lunch at school and she devours them every time!