

Quick No-Cook Lunches

These recipes are optional and provide suggestions for those in charge of providing meals in schools. Substitutions can be made based on what is in season and the food preferences of your community



SANDWICHES



- Whole wheat bread/bun
 - Roast turkey/chicken/tuna or egg Salad
 - Shredded cheese
 - Lettuce
 - Tomato, Cucumber, pickles
 - Mayonnaise, Mustard, etc.
- Additional fruit or vegetable on the side
- Milk or Water



SAVE-ON

Whole-grain pita or wrap
Criteria: first ingredient must be a whole-grain

Meat
Criteria: Low sodium

Eggs of choice (any)

Additional fruit of choice



WHOLESALE CLUB

Whole-grain pita or wrap
Criteria: first ingredient must be a whole-grain

Meat
Criteria: Low sodium

Eggs of choice (any)

Additional fruit of choice



BURRITOS, QUESEDILLAS, OR TORTILLA TRIANGLES



- Wholegrain wrap
 - Cheese
 - Red onion
 - Can of black beans and corn, bean spread, etc.
 - Diced peppers and/or tomatoes
 - Salsa
 - Chili powder, cumin, or other seasoning to taste
- Additional fruit or vegetable on the side

SAVE-ON

Whole-grain pita or wrap

Criteria: first ingredient must be a whole-grain



Seasoning

Criteria: Low sodium



Additional fruit or vegetable of choice

WHOLESALE CLUB

Whole-grain pita or wrap

Criteria: first ingredient must be a whole-grain



Seasoning

Criteria: Low sodium

Additional fruit or vegetable of choice





PESTO SANDWICH

- Whole-grain Wrap or Bread
 - Pesto
 - Tomato
 - Mozzarella
- Side of cut vegetables

SAVE-ON

Whole-grain pita or wrap

Criteria: first ingredient must be a whole-grain

Side of vegetables of choice



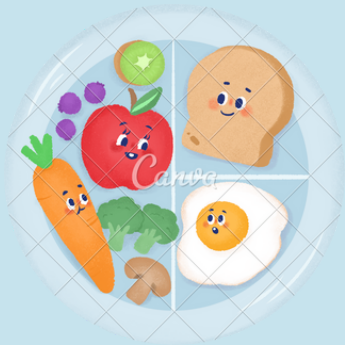
WHOLESALE CLUB

Whole-grain pita or wrap

Criteria: first ingredient must be a whole-grain

Side of vegetables of choice





CUCUMBER BOURSIN WRAP

- Whole-grain Wrap or Bread
 - cut up cucumbers
 - cream cheese - garlic and herb, or flavored
 - Optional: Chicken
- Side of cut vegetables

SAVE-ON

Whole-grain pita or wrap

Criteria: first ingredient must be a whole-grain

Light cream cheese



WHOLESALE CLUB

Whole-grain pita or wrap

Criteria: first ingredient must be a whole-grain

Light cream cheese





TURKEY ROLL-UP'S

- Wholegrain Pita
 - Turkey
 - Mustard
 - Spinach, cucumber, or veggies of choice in wrap or on the side
 - Cheese of choice

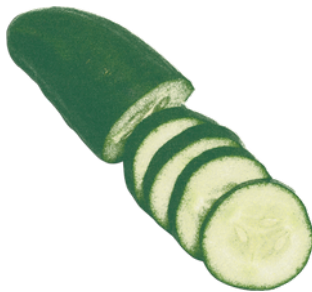
SAVE-ON

Whole-grain pita or wrap

Criteria: first ingredient must be a whole-grain

Condiment of choice

Low sodium Turkey or meat
(under 250mg or less)



WHOLESALE CLUB

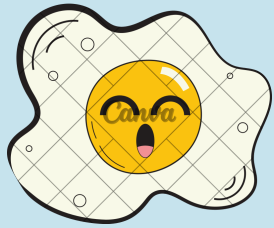
Whole-grain pita or wrap

Criteria: first ingredient must be a whole-grain

Condiment of choice

Low sodium Turkey or meat
(under 250mg or less)





KEBABS - CHEESE, MEAT, AND GRAPES

- Skewer Sticks
 - Cubed Cheese, Bocconcini, etc.
 - Folded Turkey Breast Slices and/or chicken
 - Grapes, cherry tomatoes, cucumber, etc.



SAVE-ON

Low sodium meat (under 250mg of sodium)

Cheese of choice

Grapes, diced apples, cucumber, or fruit/veg of choice

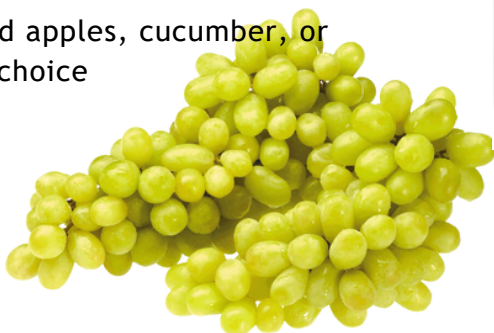


WHOLESALE CLUB

Low sodium meat (under 250mg of sodium)

Cheese of choice

Grapes, diced apples, cucumber, or fruit/veg of choice





GREEK PITAS

- Chicken
- Feta
- Cucumber, tomato, or veggies of choice



SAVE-ON

Wholegrain Pita or Wrap

Feta Cheese

Cucumber, Tomato, or veggies of choice

Tzatziki



WHOLESALE CLUB

Wholegrain Pita or Wrap

Feta Cheese

Cucumber, Tomato, or veggies of choice

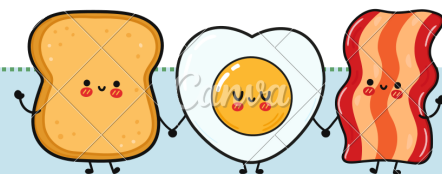
Tzatziki





ZOODLES

- Shred zucchini
- Toss in Parmesan cheese or Italian dressing
- Side of veggies and/or fruit



SAVE-ON

Parmesan cheese of choice

Italian dressing (under 200mg sodium, less than 10g of fat)

additional veggies or fruit of choice



WHOLESALE CLUB

Parmesan cheese of choice

Italian dressing (under 200mg sodium, less than 10g of fat)

additional veggies or fruit of choice



WALMART

Vegetable Spiralizer

- SpiraLife Spiralizer Vegetable Slicer (\$11.99)
- Starfrit 3 in 1 Spiralizer (\$9.57)

