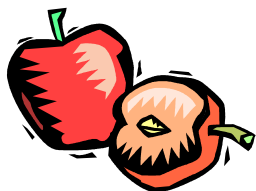


Lunch Ideas

Your family will be more likely to eat a good lunch if you have tasty, easy-to-fix foods on hand.



Lunches away from home:

Some sandwiches keep for a few hours without refrigeration.

- Peanut butter with jelly, honey
- Or sliced bananas, cheese, hard
- Dry salami or summer sausage

Frozen sandwiches will thaw by lunch time.

These freeze well:

- Sliced meat, chicken, turkey
- Peanut butter
- All kinds of bread

These do not freeze well:

- Meat or tuna salad with mayonnaise
- Lettuce, tomato
- Hard cooked eggs

Other bag lunch ideas:

- Crackers and cheese
- Buns, rolls, pocket bread, bagels, or tortillas
- Fresh fruits and vegetables
- Canned fruit in a small sealable container
- Pretzels, tortilla chips, raw vegetables,
- Nuts, dried fruit

Lunch at home:

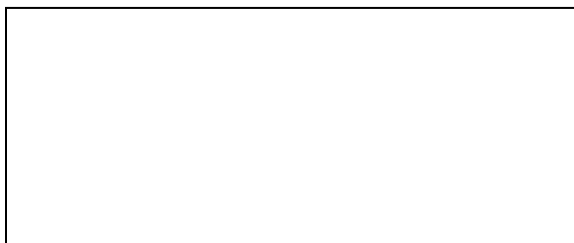
Leftover casserole, rice, with vegetables or meat, pizza, and stew are great for lunch the following day.

Tacos and burritos can be filled with prepared beans, meat, or vegetables.

Simple soup and salads.

Peanut butter

Other Lunch Ideas:



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