

Traditional with a twist

Include a variety of breads to change the flavour of your sandwich

- Some suggestions include: white bread, whole wheat, whole grain oat bread, pumpernickel or other rye breads.
- Why not try ciabatta—an Italian bun or loaf?
- Use a variety of bagels or try an English muffin which makes a great base for a mini pizza.



Go beyond the typical earth sandwich

Take a dive under the sea with a submarine

- Make it with a portion of a french stick or a whole wheat hot dog bun and add a variety of meats, cheeses and vegetables like lettuce, cucumbers, tomatoes or roasted red peppers.
- Go all out with the under sea theme and use tuna salad or salmon salad.

Fly to outer space

- Fill a full pita or half pita pocket with your favorite fillings to create a full moon or half moon stuffed sandwich.
- Spread peanut butter or a hazelnut spread (if school policies allow) on a flatbread and roll-up a banana—eat as is or slice into circles—it will be like Saturn and its rings.
- Try other roll-up suggestions:
 - cream cheese and cucumbers or celery,
 - hummus and cucumbers, carrots or celery—a nice mix of crunchy and soft.



Not a sandwich lover

Pasta—cold or hot

- Try pasta salad by mixing cut vegetables into some leftover pasta. Chinese noodles or hot pasta with cheese, tomato sauce or vegetables make a nice warm lunch in a thermos or heated at school in a microwave.

I'll have it on the side, please

- Sometimes we don't want our grains in a sandwich; try sliced bread, flatbread, mini-bagels or buns on the side, alone or with a small amount of a spread such as margarine, butter, apple butter, maple spread, etc.

Going crackers

- Sometimes finger foods are preferred. Crackers, pretzels, popcorn, rice cakes are grains that are fun for lunches and snacks, especially paired with one or two other food groups.



Tasty finger grains

Soda crackers
Melba toast
Wheat or rye crackers
Fish shaped crackers

Whole grain crackers
Popcorn
Pretzels
Rice cakes

Mini-bagels
Home made banana muffins
Oatmeal bars

Fun Partners

Cheddar cheese
Cream cheese
Carrots, celery, cucumbers,
peppers-with dip

Bite size pieces of fruit
such as orange sections,
apple slices, grapes,
strawberries and blueberries

Rolled up slices of lean ham,
turkey, or corned beef
Hard-boiled egg