

# FIELDTRIP



# LUNCHES

Please put fieldtrip lunches in a paper bag, grocery bag or a large Ziploc Bag –no bulky hard lunch kits. Containers are fine. Make sure they are labelled and have a good seal.

Please make sure your child's lunch contains a small ice pack to keep their lunch fresh and cool. Please no milk, eggs, bananas or yogurt – (frozen yogurt tubes are fine and help keep everything cool). These items are quick to spoil in the heat. Mayo is okay as long as it is on ice.

Make sure your child's lunch contains:

- Main course
- 2 Fruit/veggie
- 2 – 4 snack foods
- 2 juice boxes These can be frozen to help keep the lunch cool and fresh as well as the drink cool. They will melt by the time your child needs some refreshment. You can also freeze a bottle of juice with the same results.
- Children burn a lot more calories on a field trip, as they play, walk and run all day. Therefore, it is better to send more food than not enough.
- The centre will provide your child with a fieldtrip water bottle and a sit upon mat. If these go home, please return them the next day.
- Put your child's lunch in his/her backpack with all the other gear.



## Lunch Suggestions

Remember no nuts, nut products, peanut butter, or Nutello as we have life threatening allergies.

- Cooked cold pizza
- Cooked cold chicken wings or legs
- Cooked cold chicken nuggets
- Crackers with meat and or cheese
- Pizza pretzels
- Bagel or sandwich (bun or bread) with
  - Meat/cheese                      Jam
  - Cheese whiz                      Just butter
  - Cinnamon spread              Cream Cheese
  - Cucumbers                      Just cheese
  
- Cin-a-bun
- Lunchable Packs
- Cooked cold hot dogs
- Nacho's and salsa
- Muffin
- Crackers and cheese packs
- Buttered Cheese bun or Cheese bread
- Cold hamburger patties with cheese
- Cold cooked sausages – Regular, Pepperoni, Bavarians, Garlic, or Summer
- Toasted Pillsbury Strudel or Poptart
- Cold pancakes with Syrup in a container
- Cooked cold chicken patty
- Rice Cakes
- Bread sticks
- Cooked Pillsbury hot dog wrap
- Pretzel sticks and cheese whiz dip
- Bagel bites or chefs mini pizzas
- Homemade cheese, meat and cracker bags
- Celery and cheese whiz
- Stuffed pita pockets
- A thermos with hot food (Thermos must be heated with hot water before placing food in the Thermos)