

BACK-TO-SCHOOL FOOD SURVIVAL GUIDE

Easy breakfasts, lunches & snacks for busy families

Simple, realistic ideas to make school-day meals easier - without trying to create Pinterest-perfect lunchboxes.





Keep IT Simple

School meals don't need to be perfect, or complicated. Aim for a mix of protein, carbohydrates, fruits or vegetables, and foods your child enjoys.

Quick breakfast: Eggs + whole-grain toast + fruit

Easy lunch: Chicken wrap + veggies + fruit

Simple snack: Greek yogurt + fruit + granola

BUILD A BALANCED LUNCHBOX

No complicated rules. Just choose something from each group.

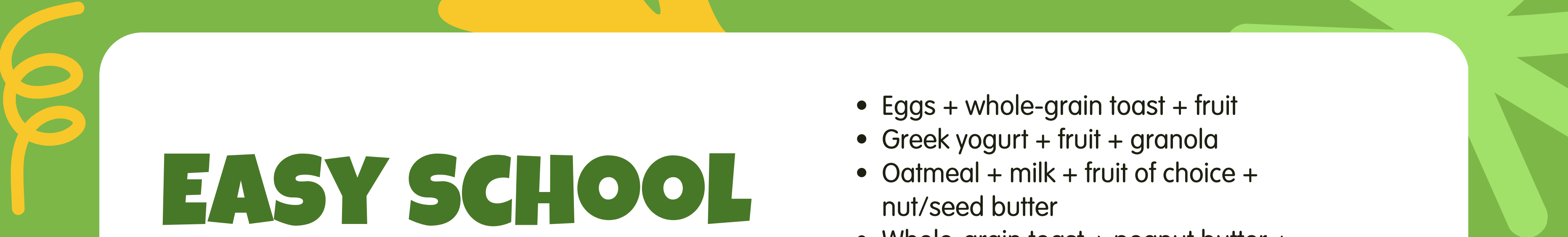
PROTEIN: Chicken, turkey, eggs, beef, Greek yogurt, cheese, fish.

FRUIT OR VEGGIES: Berries, apple, banana, orange, carrots, cucumber, peppers, ect.



CARBOHYDRATE: Bread, wraps, crackers, rice, pasta, potatoes.

SOMETHING FUN: Cookie, granola bar, muffin, favourite snack.



EASY SCHOOL - MORNING BREAKFASTS

Keep breakfast simple. Aim for protein + carbohydrates + fruit when you can.

- Eggs + whole-grain toast + fruit
- Greek yogurt + fruit + granola
- Oatmeal + milk + fruit of choice + nut/seed butter
- Whole-grain toast + peanut butter + fruit
- Cottage cheese + fruit + toast
- Smoothie with Greek yogurt + fruit + milk
- Whole-grain cereal + milk + fruit
- Chia seed pudding made with milk + fruit
- French toast + fruit + Greek yogurt
- Breakfast wrap - egg + cheese + leftover chicken or beef
- Overnight oats + fruit
- Leftovers! Breakfast doesn't have to be "breakfast food".



EASY SCHOOL LUNCHES

Keep lunches practical. Aim for protein + carbohydrates + fruit or veggies - and don't forget something they enjoy.

Don't be afraid to repeat favourites. Kids don't need a brand-new lunch every day.

- Chicken + cheese wrap + veggies + fruit
 - Turkey + cheese sandwich + veggies + fruit
 - Tuna sandwich + cheese + fruit
 - Egg salad sandwich + veggies + fruit
 - Cheese + whole-grain crackers + fruit + veggies
 - Cold or hot pasta + chicken or beef + veggies
 - Leftover chicken + rice + veggies
 - Homemade mini pizza + veggies + fruit
 - Quesadilla with chicken or ground beef + veggies + fruit
 - Homemade soup or stew + chicken + veggies + fruit
 - Leftovers! Pasta, rice bowls, chicken, mealballs - whatever your child enjoys.
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EASY SCHOOL SNACKS

Snacks don't need to be complicated. Pairing two foods together can make them more satisfying and help keep kids going until their next meal.

- Greek yogurt + fruit
- Cheese + whole-grain crackers
- Fruit + cheese
- Cottage cheese + fruit
- Applesauce + cheese
- Pretzels + hummus
- Whole-grain crackers + guacamole
- Popcorn + cheese
- Homemade muffin + fruit
- Fruit + nut/seed butter*
- *Follow your school's allergy policy*
- Greek yogurt + granola
- Whole-grain cereal + yogurt/milk
- Veggies + hummus
- Veggies + ranch dip + cheese
- Turkey/ham slices + cheese + veggies/fruit
- Granola bar + fruit
- Cucumber + cream cheese wrap pinwheels
- Their favourite snack!



WHAT IF MY KID IS PICKY

Keep the pressure low. Your job is to offer; their job is to decide what and how much to eat.

- Include at least one food you know they usually enjoy.
- Keep offering variety without forcing them to eat it.
- New foods can sit beside familiar foods.
- Don't panic if the lunchbox comes home half-full.
- Appetite can change from day to day.
- Repeated exposure matters more than one "perfect meal".

WHEN THE LUNCHBOX comes Home FULL



Before assuming they “didn’t like it,” consider:

- Was there enough time to eat?
- Were they busy talking with friends?
- Was the food difficult or messy to open/eat?
- Was the portion simply too big?
- Were they just not very hungry that day?
- Ask what worked and what didn’t - without making it a battle.

YOU'VE GOT THIS!

School meals don't need to be perfect.
Keep it simple, offer variety, include foods
your child enjoys, and remember -
consistency matters more than perfection.

Need more realistic nutrition tips?

Crystal Mortley, Certified Nutritionist
Crystal Mortley Nutrition
crystalmortleynutrition.com



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