



LUNCH SQUARES

kid-friendly recipes and shopping cards
for a healthy lunch on the go



LUNCH SQUARES SHOPPING AND RECIPE CARDS

The Lunch Squares shopping and recipes cards are designed to be used with all 3 Lunch Squares containers to prepare healthy lunches for the week, while learning about the featured vegetables.

SHOP: Use the cards as your shopping list and follow the tips to find the best produce.

MAKE: There is a place for everybody in the kitchen with the color-coded steps:

Green: Easy (Age 2-5)

Orange: Intermediate (Age 6-8)

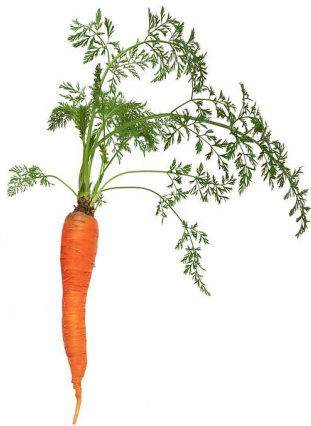
Purple: Advanced (Age 9 and over)

On each card, you will find a suggestion for a no-fuss fruit snack to accompany your Lunch Squares recipes for a complete meal.

DECORATE: Make your Lunch Squares containers stand out with the stickers or use the Lunch Squares pens to draw on the lid. Use a sponge with water and dish soap to remove writing on the lids when you are done.

Go to ThisThatLunch.com for more ideas.

ALL SEASONS: CARROTS



BEST PICK:

Carrots should be firm to the touch and bright orange. Avoid those with dark or soft spots.

GOOD FOR YOU:

Carrots contain fibers that help nourish the intestinal flora. They are an excellent source of vitamin A, which contributes to healthy skin, clear vision and bone growth development.

FRESH

- Carrots (2 large)
- Swiss cheese (1 cup, shredded)
- Milk (¼ cup)
- Eggs (2)

PANTRY

- Split red lentils (1/2 cup)
- Curry (pinch)
- Salt (pinch)

NOTES: _____

CARROT LUNCH SQUARES



PREP: Preheat oven to 425F. Cook split red lentils 12 minutes or according to package. Wash carrots.

GATHER: 3 Lunch Squares containers, steamer, blender/mixer, cutting board, mixing bowl, peeler, knife, fork.

STEPS:

1. Discard ends of carrots. Peel and dice the carrots.
2. Steam carrots for 7 minutes and remove excess water.
3. Blend the carrots until smooth.
4. In a bowl, mix the cooked split lentils, eggs, milk and cheese.
5. Add pinch of salt and curry. Stir.
6. Transfer into the 3 Lunch Squares containers.
7. Bake in oven for 25 minutes. (Keep the lid off when baking).

FRUIT SNACK: KIWI

Make a **KIWI CHIA PUDDING** by taking out the flesh of the kiwi, mixing it with chia seeds, milk and maple syrup. Place mixture back in kiwi “shell” and let sit overnight.

ALL SEASONS: SPINACH



BEST PICK:

Fresh spinach leaves should be crisp and dark. Avoid leaves that are yellow or limp.

GOOD FOR YOU:

Spinach is an excellent source of folic acid, which helps with cell and tissue growth. Spinach also contains vitamin A, potassium, magnesium, vitamin C, calcium B6, B12 copper and zinc, all contributing to maintaining good levels of minerals.

FRESH

- Spinach (4 cups when chopped fresh or $\frac{2}{3}$ cups frozen)
- Mozzarella (1 cup, shredded)
- Eggs (2)

PANTRY

- Spaghetti (2 oz)
- Salt (pinch)

NOTES: _____

SPINACH LUNCH SQUARES



PREP: Preheat oven to 425F. Cook spaghetti according to package.

GATHER: 3 Lunch Squares containers, mixing bowl, fork.

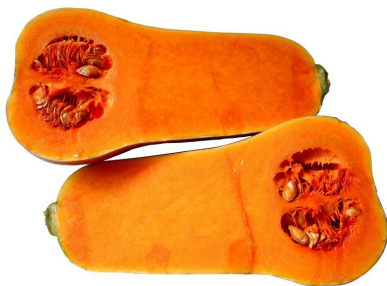
STEPS:

1. Into a mixing bowl, combine the chopped spinach, spaghetti cut in half and shredded mozzarella.
2. Add two cracked eggs and a pinch of salt. Stir.
3. Transfer into 3 Lunch Squares containers.
4. Bake in oven for 25 minutes. (Keep the lid off of the Lunch Squares containers when baking).

FRUIT SNACK: APPLES

Make **SUNFLOWER SEEDS APPLE DONUTS** by removing the core of the apple and slicing the apple horizontally. Spread sunflower seeds butter on each slide.

FALL: BUTTERNUT SQUASH



BEST PICK:

Butternut Squash should be hard and heavy for its size, with a solid beige color and a smooth, matte texture. Avoid squash that is bruised or has deep cuts.

GOOD FOR YOU:

Butternut squash helps bone growth and improves vision with its high content of vitamin A. It also supplies lots of fiber for good digestion and can help fight off viruses and infections though its high level of vitamin C.

FRESH

- Butternut squash (2 cups diced)
- Cream cheese (2 tablespoons)
- Milk (¼ cup)
- Eggs (2)

PANTRY

- Cornmeal (¼ cup)
- Salt (pinch)

NOTES: _____

BUTTERNUT LUNCH SQUARES



PREP: Preheat oven to 425F,

GATHER: 3 Lunch Squares containers, steamer, blender/mixer, cutting board, mixing bowl, peeler, knife, fork.

STEPS:

1. Cut the butternut squash to get small dices. Remove the skin.
2. Steam the butternut squash pieces for 7 minutes and remove excess water.
3. Blend the butternut squash until smooth.
4. In a bowl, mix the butternut squash, eggs, milk, cream cheese, cornmeal and salt. Stir.
5. Transfer into the 3 Lunch Squares containers.
6. Bake in oven for 25 minutes. (Keep the lids off of the Lunch Squares containers when baking).

FRUIT SNACK: CRANBERRY

Make **NUT-FREE CRANBERRY TRAIL MIX** by putting together dried cranberries, sunflower seeds, chocolate chips and any kind of cereal that you like.

FALL: CAULIFLOWER



BEST PICK:

The cauliflower head should have white florets (the little flowers on the head) and crisp green leaves. Avoid cauliflower with brown or wet spots.

GOOD FOR YOU:

Cauliflower is high in potassium, which helps the muscles and nervous system function properly. It also provides a healthy dose of vitamin C to reinforce the immunity defense mechanisms.

FRESH

- Cauliflower (½ head)
- Milk (¼ cup)
- Swiss cheese (1 cup, shredded)
- Eggs (2)

PANTRY

- Flour (¼ cup)
- Baking powder (½ spoon)
- Nutmeg (pinch)
- Salt (pinch)

NOTES: _____

CAULIFLOWER LUNCH SQUARES



PREP: Preheat oven to 425F. Wash the cauliflower.

GATHER: 3 Lunch Squares containers, steamer, blender/mixer, cutting board, mixing bowl, knife, fork.

STEPS:

1. Cut the cauliflower into small chunks.
2. Steam for 7 minutes and remove excess water.
3. Blend the cauliflower until smooth.
4. In a bowl, mix the cauliflower, eggs, milk, cheese, flour, and baking powder.
5. Add nutmeg and salt. Stir.
6. Transfer into the 3 Lunch Squares containers.
7. Bake in oven for 25 minutes. (Keep the lids off of the Lunch Squares containers when baking).

FRUIT SNACK: GRAPES

Make **WHITE CHOCOLATE COVERED GRAPES** by coating each grape with melted white chocolate and letting rest in the fridge for a few hours.



WINTER: BROCCOLI



BEST PICK:

Fresh broccoli should have a bright green head and a firm, strong stem. Avoid broccoli with yellow florets (small flowers of the head).

GOOD FOR YOU

Broccoli is a type of cabbage rich in vitamin C, potassium, vitamin B, iron, vitamin B15 and magnesium. It contributes to preventing certain types of cancer with high levels of beta-carotene.

FRESH

- Broccoli (½ head)
- Cheddar cheese (½ cup, shredded)
- Milk (¼ cup)
- Eggs (2)

PANTRY

- Elbow past (½ cup)
- Salt (pinch)

NOTES: _____

BROCCOLI LUNCH SQUARES



PREP: Preheat oven to 425F. Boil water. Wash the broccoli.

GATHER: 3 Lunch Squares containers, cooking pan, cutting board, mixing bowl, knife, fork.

STEPS:

1. Cut the broccoli in small chunks.
2. In a pan with boiling salted water, cook the pasta and broccoli. When tender, drain the water.
3. Return to the pasta and broccoli to the pan on low heat and add the cheese and milk making sure that the pasta is well coated with the cheese.
4. Crack eggs . Add salt. Stir.
5. Transfer into 3 Lunch Squares containers.
6. Bake in oven for 25 minutes. (Keep the lids off of the Lunch Squares containers when baking).

FRUIT SNACKS: ORANGES

Make **HONEY CINNAMON ORANGE SLICES** by peeling an orange and cutting horizontal slices. Layer each orange slice with honey and sprinkle ground cinnamon.

WINTER: LEEKS



BEST PICK:

Leeks should be thin with firm stalks that have at least 2 inches of white. Avoid leeks that have yellow, wilted leaves or a cracked bulb.

GOOD FOR YOU:

Leeks facilitate digestion thanks to high levels of fibers. They are an excellent source of fiber folic acid, potassium and iron, and contain good vitamin C, calcium, vitamin B, and magnesium.

FRESH

- Leeks (1 stalk)
- 2 eggs
- Sour cream ($\frac{1}{3}$ cup)

PANTRY

- Quinoa ($\frac{1}{4}$ cup cooked)
- Salt (pinch)

NOTES: _____

LEEK LUNCH SQUARES



PREP: Preheat oven to 425F, Rinse and cook the quinoa according to package instructions. Wash the leeks.

GATHER: 3 Lunch Squares containers, cooking pan, cutting board, mixing bowl, knife, fork.

STEPS:

1. Cut the leeks into small pieces.
2. In a pan, cook the leeks on medium heat for 7 minutes.
3. In a bowl, mix the quinoa, leeks, and sour cream.
4. Crack eggs. Add salt. Stir.
5. Transfer into 3 Lunch Squares containers.
6. Bake in oven for 25 minutes. (Keep the lids off of the Lunch Squares containers when baking).

FRUIT SNACKS: PEARS

Make **CARAMEL PEAR SLICES** by slicing a pear into 6-8 pieces and dipping each one half-way into a caramel sauce. Let rest in the fridge for an hour.

SPRING: ASPARAGUS



BEST PICK:

Asparagus should have closed, bright green tips and firm but tender stalks. Avoid limp spears .

GOOD FOR YOU:

Asparagus is an excellent spring vegetable with high quality fibers that are easy to digest. Asparagus also helps regulate your children's intestinal transit and contain lots of good minerals and vitamins, essential to children's overall health.

FRESH

- Asparagus (a dozen)
- Heavy cream or whipping cream (¼ cup)
- Parmesan (¼ cup, grated)
- Eggs (2)

PANTRY

- Flour (1/4 cup)
- Salt (pinch)
- Pepper (pinch)

NOTES: _____

ASPARAGUS LUNCH SQUARES



PREP: Preheat oven to 425F. Wash the asparagus.

GATHER: 3 Lunch Squares containers, cutting board, mixing bowl, knife, fork.

STEPS:

1. Cut the asparagus into 1 inch pieces.
2. Steam the asparagus pieces for 7 minutes and remove excess water.
3. Blend the asparagus until smooth.
4. In a bowl, mix the asparagus, cream, flour and parmesan.
5. Crack eggs. Add salt and pepper. Stir.
6. Transfer into the 3 Lunch Squares containers.
7. Bake in oven for 25 minutes. (Keep the lids off of the Lunch Squares containers when baking).

FRUIT SNACKS: STRAWBERRIES

Make **STRAWBERRY SUSHI** by dipping strawberries into melted marshmallow and into crispy rice cereal. Let sit in the fridge for an hour.



SPRING: PEAS



BEST PICK:

Fresh peas in the pod should have crisp, small to medium large pods. Avoid pods that are cracked or bruised.

GOOD FOR YOU:

Peas help fuel the body through the vitamin C, iron, phosphor and niacin (Vitamin B3 that helps convert dietary carbohydrates into glucose). They are also a great source of fiber to help digestion.

FRESH

- Peas (1 cup, unshelled)
- Basil (½ cup loose leaves)
- Ricotta (½ cup)
- Gruyere or swiss cheese (½ cup grated)
- Milk (¼ cup))

PANTRY

- Salt (pinch)
- Pepper (pinch)

NOTES: _____

PEAS LUNCH SQUARES



PREP: Preheat oven to 425F. Wash the peas.

GATHER: 3 Lunch Squares containers, cutting board, mixing bowl, knife, fork.

STEPS:

1. Chop the basil.
2. In a mixing bowl, mix the peas, ricotta cheese, milk and eggs.
3. Add salt and pepper. Stir.
4. Add the basil.
5. Transfer into the 3 Lunch Squares containers.
6. Sprinkle grated cheese over the Lunch Squares.
7. Bake in oven for 25 minutes. (Keep the lids off of the Lunch Squares containers when baking).

FRUIT SNACKS: MANGOES

Make **MANGO FRUIT STRIPS** by mixing 2 cups of ripe mango, with a spoonful of honey. Layer on a baking sheet ($\frac{1}{8}$ inch thick). Bake in oven for 3 hours at 175F.



SUMMER: CORN



BEST PICK:

Corn in the husk should have bright green, slightly damp leaves. Feel the husk for full, tender kernels). Avoid ears of corn that have yellow and dry husk or black and dry tassel (the part sticking out, at the top).

GOOD FOR YOU:

Yellow corn contains beta-carotene known for its antioxidant properties. Corn also provides energy through a healthy dose of carbohydrates.

FRESH

- Corn (2 cups)
- Egg (2)
- Milk (½ cup)
- Butter (1 tablespoon)

PANTRY

- Flour (¼ cup)
- Baking powder (½ teaspoon)
- Paprika (pinch)
- Salt (pinch)
- Pepper (pinch)

NOTES: _____

CORN LUNCH SQUARES



PREP: Preheat oven to 350F. If using fresh corn, remove the husk and cut kernels off the husk.

GATHER: 3 Lunch Squares containers, 2 mixing bowls, whisk, fork.

STEPS:

1. In a mixing bowl, mix the flour and baking powder.
2. Separate the eggs yolks from the whites, adding the egg yolks to the flour.
3. Stir, adding milk, salt, pepper and paprika.
4. Beat the egg whites until they foam.
5. Fold the egg whites into the bowl with the eggs yolks.
6. Transfer into the 3 Lunch Squares containers.
7. Add the butter on top of each Lunch Squares containers.
8. Bake in oven for 30 minutes. (Keep the lids off of the Lunch Squares containers when baking).

FRUIT SNACK: BLUEBERRIES

Make a **BLUEBERRY BRACELET** by stringing together blueberries (like pearls) with floss and a large needle. Wrap it around your child's wrist and make a knot.

SUMMER: ZUCCHINI



BEST PICK:

Zucchini should be dark green and shiny. Prefer the small (about 6-8 inches) and thin zucchini. Avoid zucchini with blemish and cuts.

GOOD FOR YOU:

Zucchini is a wonderful source of vitamin C, B6, potassium and carotenoids, which act as an antioxidant. They are rich in water and fiber to boost healthy digestion.

FRESH

- Zucchini (1 small)
- Goat cheese (2 tablespoons)
- Eggs (2)
- Mint (7 leaves)
- Butter (1 teaspoon)

PANTRY

- Flour (2 tablespoons)
- Salt (pinch)

NOTES: _____

ZUCCHINI LUNCH SQUARES



PREP: Preheat oven to 425F. Wash the zucchini.

GATHER: 3 Lunch Squares containers, grater, mixing bowl, knife, fork.

STEPS:

1. Grate the zucchini.
2. Chop the mint leaves.
3. Remove excess water of zucchini by blotting with a towel.
4. In a mixing bowl, mix goat cheese, milk, flour and eggs.
5. Add the shredded zucchini, mint and salt to the mixing bowl. Stir.
6. Transfer into the 3 Lunch Squares containers.
7. Bake in oven for 25 minutes. (Keep the lids off of the Lunch Squares containers when baking).

FRUIT SNACK: PEACHES

Make a **NO-BAKE PEACH CRUMBLE** by peeling and cutting a ripe peach. Place in a bowl with a drizzle of honey and into the microwave for 2 minutes. Sprinkle vanilla granola on top.



YOUR NOTES AND COMMENTS

ADD YOUR PICTURES



The author, Carine Rosalia

Carine is a French-American mom of Italian origins, with a mission to help make simple healthy eating accessible to all.



The nutritionist, Nelly Lellu

Nelly is a French nutritionist specialized in pediatric nutrition who enjoys helping parents with simple tricks around healthy food.



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