



BACK TO SCHOOL LUNCH

BY
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Back to School Lunch Ideas

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Like adults, it's crucial for kids to get the right nutrients. From the minute they wake up, they are extremely active, so we need to feed them with the right fibers, fats, and nutrients to support their growth and energy needs.



- Offer your kids at least 1-2 servings of berries/fruit each day.
- Include 2-4 servings of vegetables.
- Choose good quality whole grain bread, avoiding wheat if possible.
- Opt for good quality meat, preferably from free-range or grass-fed animals.
- Eliminate or limit soft drinks. Remember, if you don't introduce it to your kids, they won't crave it.

A rule of thumb: one serving = one fist size

Importance of Healthy Foods for Learning

Healthy eating is not just about physical health; it directly impacts cognitive development and learning. Here's why:

Improved Concentration:

Nutrient-rich foods help maintain stable blood sugar levels, which can enhance concentration and focus. Kids who eat a balanced diet are better able to pay attention in school and complete their tasks.

Enhanced Memory:

Certain nutrients, such as omega-3 fatty acids found in fish and flaxseeds, are vital for brain function. These nutrients help improve memory and cognitive skills.

Steady Energy Levels:

Healthy meals and snacks provide a steady release of energy, preventing the fatigue and irritability that can come from sugar crashes or nutrient-poor diets.





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Did you know

Kids' brains need water to think, focus, and learn—just like plants need water to grow!

Better Mood:

A balanced diet can help stabilize mood swings. Kids who eat well are less likely to experience extreme highs and lows in their mood, which can make it easier for them to cope with the challenges of the school day.

Stronger Immune System:

Good nutrition supports a strong immune system, reducing the number of days kids miss school due to illness. This means they have more opportunities to learn and engage in educational activities.

Additionally, when they eat nourishing foods, they are more likely to learn and retain information effectively. Healthy eating habits lay the foundation for lifelong learning and success.



Kebobs

Chicken Kebobs

Cooked chicken breast, cut into chunks, cherry tomatoes, bell peppers, cut into chunks, zucchini, sliced. Alternate chicken and vegetables onto skewers.

Shrimp Kebobs

4-5 cooked shrimp, zucchini and cherry tomatoes. Alternate onto skewers.

Rice with green peas and spring onion as a side.

Fruit Kebobs

Strawberries, hulled, Blueberries, melon, cut and kiwi (peeled) cut into chunks.

Alternate pieces of fruit & berries on skewers, Serve fresh or pack for lunch.

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Remember Variation!

Kebobs don't have to be boring—mix it up with colorful veggies, different meats, and healthy fats!

Try combinations like chicken + zucchini + olives, or turkey + cucumber + avocado chunks. Keep it fresh, fun, and balanced.

Charcuterie boxes

Colorful Delight

Fruit & berries: Apple wedges (with a bit of lemon juice to prevent browning) and blueberries.

Veggies & meat:

Carrot & cucumber sticks, cherrie tomatoes and chicken drumsticks.
Great Fats: Guacamole and whole-grain crackers.

Rainbow Snack

Fruit & berries: Grapes and strawberries

Veggies & Meats: Wraps with chicken salad, spinach and cucumber

Great Fats: Handful of mixed nuts.

Veggie Wonderland

Fruit & berries: Orange slices and raspberries





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