

HEALTHY LUNCH IDEAS

Anyone who packs a lunch for their child knows the frustrations associated with the task. Is it nutritious? Will he/she eat it, or (horrors!) trade it for something sweet & gooey? So, here are some +ideas that are nutritious & tasty too. And remember...your dislike for a food is no reason to keep your child from trying it.

- ❖ Sandwich of cheddar cheese, shredded lettuce and chopped tomato with oil & vinegar in a pita pocket.
- ❖ Peanut butter sandwich with jelly or honey. Add raisins, sliced banana, strawberries, applesauce, grated carrots or grated zucchini to the peanut butter.
- ❖ Rolled up tortillas filled with a thin layer of cream cheese and chicken or fish or filled with rice, beans and cheese.
- ❖ Thermos of cold soup made from 1-cup tomato juice with $\frac{1}{2}$ cup clam broth & some chopped chives. Also pack 'Goldfish' crackers, a wedge of Swiss cheese & a small bunch of grapes.
- ❖ Spread a whole-wheat flour tortilla with peanut butter, then applesauce. Sprinkle with raisins and cinnamon. Roll & slice into 'pinwheels'.
- ❖ Sandwich of nonfat cream cheese, cucumber slices & bacon on a sliced bagel.
- ❖ Container of salad made from shredded lettuce, some green peas, cherry tomatoes, and grated Parmesan cheese with French dressing. Pack with a roll & a wedge of honeydew melon.
- ❖ Sandwich of liverwurst (think pate') and sliced radishes with mustard on rye bread. Pack some sweet pickles, pretzels & an apple.
- ❖ Sandwich of roast beef, Muenster cheese and red onion with mango chutney on whole grain bread. Pack with a dill pickle and some dates.
- ❖ Container of ricotta cheese mixed with a little basil, oregano, marjoram, salt & pepper. Pack with green pepper rings, bread sticks and a banana.
- ❖ Container of salad made from canned kidney beans mixed with orange sections (try canned mandarin oranges), sliced scallions and oil & vinegar. Pack with Crispbread crackers & a slice of pound cake.

