

## A Few Easy Fool-Proof Lunch Recipes:



### **Cookie Cutter Sandwiches**

Any sandwich cut with a large cookie cutter; star, heart, dinosaur, animals, etc. will become an irresistible treat!

### **Pin Wheel Sandwiches**

Spread your child's favorite sandwich filling onto a tortilla. Roll it up and slice it into smaller pieces. Some filling suggestions are peanut butter and jelly, lunch meat with cream cheese, cream cheese and jelly.

### **Cheesy Stars**

Use a small star cookie cutter to cut cheddar cheese pieces. In a separate bag provide crackers or apple slices. You can also use the cookie cutter to cut bologna, ham or turkey.

### **Bugs on Log**

An old favorite with kids, fill celery with cream cheese or peanut butter and top with raisins.

### **Smiley Face Fun**

Spread peanut butter or cream cheese on a rice cake. Make a face using raisins or any dried fruit.

### **Cookie Dippers**

Send vanilla wafer cookies along with a favorite yogurt. Kids love to dip and this way they are getting less sugar than most packaged treats.

### **Fun Chips**

Use large cookie cutters to cut a flour tortilla or wrap.

Arrange on cookie sheet and toast in a 400 degree oven for 6-8 mins. Send to school plain or with bean dip or salsa for dipping.

Try brushing with a very small amount of olive oil or cooking spray. Then sprinkle parmesan cheese or cinnamon sugar. If you try the cinnamon sugar, send the chips along with a container of applesauce for dipping.

### **Kids love to dip**

Pack string cheese and rolled meat slices with a honey mustard dressing for dipping.

### **Drinks**

When sending in a drink, avoid sugary drinks like soda or high sugar juices from concentrate. Water or 100% fruit juices are a much better choice.

### **I made it myself**

Children are more apt to eat a brown bag lunch they've helped to make. Whether it's the cookies they baked or the sandwich they made in the morning.

### **Packaging**

Packaging makes an impact, especially when it comes to kids so generate your own fun packaging. Stock up on cheerfully colored re-usable containers, fun party napkins and stickers for plastic bags. A healthy lunch will be fun to eat!

