

**BLT (Bacon, Lettuce and Tomato Sandwich)**

**Carrot Sticks**

**Blueberry Cobbler Bar**, Health Valley

**Nuts and Seeds Mix** (almond, tamari pumpkin seeds)

**Spring Water**

**TIPS:** Many of us grew up eating BLT sandwiches: Bacon, Lettuce and Tomato on toasted bread with a spread (Veganaise). It used to be on lunch menus but now is rarely seen anywhere. It is time to reintroduce them to kids. First you try one, and then make them for your family. YUM! Crunchy carrot sticks add a lunch munch appeal. Add some nuts and seeds and then reward your kids with a Blueberry Cobbler Bar.

This is one of the very few bars awarded the **Kid Critics Approved seal!**

**6 God-made Food Colors:** brown, green, red, tan, orange, blue

**7 Food Groups:** poultry, vegetables, fruit, whole grains, EFAs, nuts/seeds, water

Seven food groups in one lunch box is as good as it gets. Plus there are six God-made food colors representing a heap of anti-oxidants. Your kids will

be packed with good protection performance nutrients for the afternoon!