

Black Beans and Corn Salsa

Organic Tortilla Chips

Peanut Butter & Celery Stick

Chocolate Chip Cookies, Joseph's Sugar Free

Spring Water

TIPS: Don't be afraid to try a corn and bean salsa with your kids - even one that is mildly spicy. The Kid Critics have taught us that they like some hot flavors. Salsa and organic tortilla chips are a great dipping combination. To round out this crunchy lunch, we added celery dipped in peanut butter. For those allergic to nuts, use cream cheese. Notice how short and thin these celery sticks are making them super easy to chew. This is key to getting kids to eat them. Of course we included the amazing Fruity Yogurt Parfait. (Recipe on left) The frozen berries will help keep it cold. You can add a couple of Sugar Free Chocolate Chip cookies. Your kids will love you for adding this treat!

6 God-made Food Colors: yellow, red, blue, white, tan, brown

5+ Food Groups: fruit, dairy, nuts, whole grains, sweet + seeds option.

Super fast lunch box to throw together, especially if you make the parfait the day before and keep it chilled. Invaluable to lunch box success tip is to have a supply of little containers with lids. Then it is easy to pack a variety of tasty healthier food ideas!