

**Chef Salad****Peanut Butter Filled Pretzels, *Good Health Natural Foods*****Frozen Berries****Spring Water**

TIPS: Chef salad comes in many different combinations. It is simple to make and usually represents a balanced meal - a meal in one! Here we used the rice cheddar cheese, chunks of turkey, finely chopped celery, parsley flakes, bits of romaine lettuce and a dash of paprika. A hard boiled egg is shown here for those to add as an option. We encourage you to do so. A combination of Veganaise and a good low-sodium Ranch dressing lightly coats this salad. This keeps the sodium count down and the taste up! Delcious. The Key to Success: cut everything into small bites sizes.

To balance this menu, we added the hard to stop eating Peanut Butter Filled Pretzels and yummy frozen berries!. Lots of good finger food here!

**9+ Food Groups:** whole grains, poultry, vegetables, herbs, spice, EFAs, nuts, fruit, water + egg option

**7+ God-made Food Colors:** orange, tan, white, green, red, brown, blue. + yellow option.

This tops the last lunch box menu with 9+ Food Groups. And, yes, lots of anti-oxidants in these God-made food colors. So easy to throw together. So easy to fill your children's bellies with nutrient-packed tasty fun food!