

Chicken Delish Wrap

Deliciously Yummy Trail Mix, recipe on left **KKA***

Fruitables, Berry Berry. KKA

TIPS: Finally, it seems that wraps are in. This is a simple one: chicken slices, cream cheese, baby spinach leaves, shredded carrots all rolled into a tortilla. Spelt flat bread is our favorite. Try whole grain as well. If plain white is all you kids will eat, then at least it is providing the bed for meat, dairy and vegetables. This wrap is almost better when made the night before as the flavors have time to intermingle. Kimberly's trail mix recipe is a winner and includes nutrient fillers with a little treat, chocolate chips. Make sure they are semi-sweet for sugar reduction. We suggest putting the fruit, nuts, pretzels and chocolate chips together in advance and refrigerate. In the morning, throw in the popcorn so it will be fresh. *Fruitables* rounds off this meal with juices from fruits and vegetables. The Kid Critics loved this drink.

7 God-made Food Colors: tan, green, white, red, brown, orange, purple

8 Food Groups: poultry, whole grains, dairy, vegetables, nuts, fruit, sweet.

Lunch Box Motto: "Fast and easy to prepare. Fast and fun to eat." With a little planning, this is a fast to prepare lunch. It certainly is easy. Again, all is finger food making it very kid-friendly. The combination of 7 natural colors and 8 food groups makes this a powerhouse lunch for kids of all ages: a **7/8 Performance Meal**. Odds are most will love it. Put this on your lunch box menu list. When packing, be sure to insert one of those cute ice packs into an insulated lunch box. Cool juice tastes better. Keeps food and kids cool!