

Chicken-Free or Chicken Nuggets,
Health is Wealth

Berry Blast Instant Oatmeal, *Country Choice Organic*

Orange Sections

Spring Water

TIPS: Instant Oatmeal is so fast and easy to prepare and throw it into a small thermos with some rice milk. This must stay warm in the lunch box. Cold Oatmeal will be rejected. Warm will be welcomed. You can serve the nuggets warm in another small thermos or cold, with a bit of ketchup in a small container. Use naval oranges (in season now) for easy tear apart sections. A small thermos is a great investment for fast heat up lunch foods. Have a few in your cupboards.

God-made colors: 6 (blue, tan, white, brown, red, orange)

Food Groups: 3 (fruit, grains, poultry)

Do chicken-free or chicken nuggets go well with this Berry Blast Instant Oatmeal? Good question. We think the Chicken-Free Nuggets would be the best fit. Both the Health is Wealth Chicken and Chicken-Free Nuggets were huge hits with the Kid Critics so you know your kids will like them. The Berry Blast instant oatmeal provides a sweet berry complex carbs that could also serve as a dessert, but one that is filled with fiber and will keep your kids from getting hungry the rest of the day. This is a great lunch filler food. The nuggets balance this picture with protein. Try this combination. Bet this lunch box comes home empty!