

- Dried Pineapple, Explorer's Bounty
- Nancy's Kefir, Blueberry (keep cold)
- Chicken, Cheese, Apple slices Sandwich
- Baby Carrots with Dressing (Earthbound Farm)
- Spring Water

GLUTEN FREE NOTE: Use rice or nut based crackers or simply put chunks of cheese, chicken and apples in a container for finger food - skip the bread.

TIP: Spread Earth Balance "butter" or Veganise "mayonaise" on one side (inside) of each slice of bread. We recommend Rudi's Organic Oatmeal - light delicious bread. Kid Critics loved it. They also loved Cabot's 50% Reduced Sharp Cheese -use it. Lots of BRAIN FOOD here!.