

Hot Dog Bun Sub

Cherry Tomatoes with or without low-sodium Ranch dressing dip

Veggie Bootie, Pirate's Booty

Pear Slices

Spring Water

TIPS: Because of the choice of bread (Alvarado Street Bakery hot dog bun), this sub is filled with valuable nutrition and fiber. We added cherry tomatoes with or without a low-sodium dressing offering another way for kids to eat tomatoes. Putting sliced tomatoes in bread that won't be eaten for a few hours may create a mushy sub. Adding Veggie Booty adds bits of more green.. every bit counts! And Kids love it (Kid Critics Approved). Pear slices are your sweet juicy treat. Sprinkle them with lemon juice to prevent browning and give them a little flavor zip!

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

6 Food Groups: whole grains, poultry, vegetables, dairy, fruit, water

What a nice balance of food groups and naturally sourced food colors. Not only will your kids' bodies feel satiated, they won't feel hungry for a few hours. This lunch box fuels the brain, muscles and even bones, all needed for growing you minds and bodies!