



Lettuce Bowl. Filler: cottage cheese, lettuce, turkey bacon bits, cherry tomatoes, roasted nuts

Banana Bread, recipe on left **KKA***

Watermelon chunks

Spring Water

TIPS: Try this lettuce bowl idea. All you do is line a bowl with romaine lettuce. Place a mix of cottage cheese and fillers in the center. Put a lid on it for lunch box use. The fillers can be leftovers or a combination of what you have in the refrigerator. Cold cuts including an added white or Parmesan cheese can be yummy. Be sure to add some cut-up raw veggies. Grated carrots and even dried fruit such as cranberries are tasty additions. Banana bread will fill them nicely and seem like a treat. Watermelon chunks are often the first to be devoured in a lunch box... welcomed sweet hydration!

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

7 Food Groups: vegetables, dairy, poultry, nuts, grains, fruit, water

Lunch Box Motto: "Fast and easy to prepare. Fast and fun to eat." The banana bread has to be made in advance for another meal's menu. Everything else is a throw together in a hurry lunch. Yet this one is filled with **6/7 Performance Meal** combination: 6 phyto-nutrient packed colors and 7 different food groups to cover your son or daughter's mental and physical nutritional needs for the afternoon. Remember to place an ice pack in an insulated lunch box . Keeps food and kids cool!

* **KKA - Kid Kritics Approved**