

- PB and Apple Sandwich - see Tips
- Nancy's Kefir, Peach
- Frozen Peas - organic are sweeter
- Earthbound Farm Raisins - organic

TIPS: Use a good peanut butter, no added sugar. Replace with almond or sunflower butters if your kids have PB allergies. Use fresh slices of apples. This is a yummy combination, especially on a Kid Critics Approved Bread (KKA Product List on www.KidCritics.com) Keep Nancy's Kefir cold. Use Kiki's Dad's idea of putting sweet frozen peas in a container in the lunch box to keep everything cold. The peas will be thawed to the perfect texture when it is time for lunch. Raisins top off this lunch perfectly.