

Fruitables, Berry Berry, Apple & Eve
Turkey Pinwheels, recipe
Celery with Cream Cheese

Puffed Plantains, Explorer's Bounty

TIPS: Pinwheels "sandwiches" are so much easier for young kids to eat than those made with bread slices. This recipe (see below) is Kid Critics Approved.

God-made immune building colors: 5 (white, yellow orange, red, green)

Food Groups: 7 (fruit, vegetables, herbs, dairy, poultry, grains, essential fatty acids)

This is a power packed lunch. It will give your kids what they need to be positively productive in school.