

**Smoothie, "Tasty Summer Smoothie Delight,"** (recipe on left)  
**Chicken Chunks**, precooked  
**Salsa, Garden Style Summer Salsa**, *Snyder's of Hanover*, **(KKA\*)**  
**8 Grain & Seed Pretzel Sticks-Organic**, *Snyder's of Hanover*, **(KKA)**  
**Honey Dew, Blueberry Fruit Kabobs**

TIPS: This smoothie sneaks a few raw vegetables in the yogurt fruit base. Even a little goes a long way. Pour it into a little thermos for a refreshing nutritious drink, one that will fill up tummies. Try to cook more chicken than you need for a dinner. Then cut up the leftovers into chunks for next day's lunch box. We added this recently Kid Critics Approved *Garden Style Summer Salsa* as a dip for the chicken. It is a great combination of sweet and spicy. The corn really sells it. "Crunchies" are always winners. Add a few of these newly Kid Critics Approved pretzel sticks which are a powerhouse of whole grains and seeds. You can't go wrong with the honeydew and blueberry combination. If you want to avoid using a kabob stick, put them together in a cup. Kids love finger foods and this lunch box is full of them.

**8 God-made Food Colors:** red, green, yellow, orange, white, tan, brown, blue

**8 Food Groups:** fruit, vegetables, dairy, poultry, herbs, spices, whole grains, seeds

Fast and easy to prepare. Fast and fun to eat. This lunch is loaded with phytonutrients, thus vitamins and minerals. Plus there's some protein which is needed to sustain kids into the afternoon. Put ice packs in the lunch box. This will insure that the chilled smoothie and fruits will be a hit on a hot summer day!

\* **KKA - Kid Critics Approved**