

Tortilla Roll-Up, *recipe below*

Tomato Soup, *Amy's*

Pecan Nut Thins, *Blue Diamond*

100 Calorie 60% Dark Chocolate Bar, *Bissinger's*

Spring Water

TIPS: Spread butter (*Earth Balance*) on one side of a spelt tortilla. Layer some cooked ground beef or turkey on half of tortilla. Sprinkle shredded carrots and mozzarella cheese on top. Carefully roll up as tightly as possible. Warm through until cheese melts. Then place in a heat holding container. You'll need another small thermos for heated soup. Results: a nice warm lunch for a cold day. Comfort food!

God-made colors: 5 (tan, brown, white, orange, red, golden)

Food Groups: 7 (grain, beef or poultry, dairy, vegetables, fruit, sweet, water)

Another good mix of God-made colors and food group!. We encourage using heat holding containers so warm lunches are possible for kids during the mid-day. Instead of roll ups, you can wrap this tortilla like a burrito. Melted cheese will help hold this together. We only recommend dark chocolate with a 60% or higher cacao count. Those with kids who love 75% or higher chocolate, use it. Bissingers also has this 100 calorie bar. Your kids will be really happy to see chocolate in their lunch box!