

**Fruitables, orange tropical, Apple & Eve**

**Tuna sandwich, *recipe below***

**Veggie Booty**

**Sliced Apples, *Earthbound Farm***

TIPS: Key to best tuna sandwich is Vegenaïse, an EFA mayo substitute - delicious! Mash tuna into the Vegenaïse - avoid big chunks. Add finely chopped celery and tiny bits of green onion. Parsley and lettuce for green and paprika for red phytonutrient benefits. A little sea salt or Parmesan cheese gives it a bit more flavor. For calcium nutrients, sprinkle in some sesame seeds. YUM!

**God-made colors: 5** (orange, tan, green, red, white)

**Food Groups: 7** (fruit, fish, EFAs, vegetables, herbs, dairy, seeds)

This is a great mix of God-made food colors and food groups. Everything in this lunch box has been Kid Critics Approved. For the best tuna sandwich results, use a whole grain but not too heavy bread. Be sure to cut it into triangles. This erases the crust issue. You may prefer folding this tuna salad into a tortilla. If you want to slice your own apples, lightly coat them with lemon juice to prevent browning. T'is the season for fresh apples!