

Turkey Noodle Soup, organic if possible

50% Reduced Fat Cheddar Cheese, *Cabot of Vermont (single serve packets)*

Almond Crackers, Nut Thins, *Blue Diamond*

Pumpkin Seeds, tamari flavored

Carrot Sticks, organic

Honey Graham Crackers, *New Morning*

TIPS: Look for low-sodium soups. A noodle soup should also contain some vegetables such as carrots and celery. Even if kids leave the bits behind, they are drinking their nutrients in the broth. Pumpkin seeds are really tasty when slightly roasted with tamari sauce. You can buy them this way or do it yourself using a low oven temperature and Bragg Liquid Aminos or a low-sodium tamari sauce. Put the cold cheese packages in the lunch box. They will be good at room temperature at lunch time. Same for the carrot sticks. Or, you can use a cold pack if lunch is not until early afternoon.

God-made Colors: 5 (tan, brown, orange, green, white)

Food Groups: 6 (poultry, grains, seeds, dairy, vegetables, water)

Good soups are a great source for concentrated nutrients which are consumed in minutes. This is important because of the short lunch periods assigned to kids at schools. A couple of cheese packets will go fast as well. Now your kids have already eaten from 4 food groups! Notice we put in just a few thin carrot sticks which ups the odds that they will go down the hatch. These organic graham crackers offer a touch of sweet - just enough. If the addition of crackers or pumpkin seeds is more than they have time to eat, send them again tomorrow!