

Turkey Cheese Roll-Ups

Turkey Cheese Roll-Ups, GLUTEN-FREE

Salsa, mild

Carrot and Celery Sticks

Sugar-Free Lemon Cookies, Joseph's Lite Cookies

Spring Water

TIPS: It is SO EASY to throw down two slices of turkey, spread a little mayo lightly sprinkled with parsley and paprika over it, top it with a slice of cheese, and roll it up. Bingo. You have quickly combined great sources of protein, essential fatty acids and herbs & spices. Adding salsa, carrot and celery sticks boosts this lunch with nutrient-packed veggies and fruit (tomato). Top this off with a Kid Critics Approved sugar-free treat, the only sugar-free cookie line we recommend, and you have a well balanced fun-to-eat healthy lunch for kids all ages.

5 God-made Food Colors: white, red, green
orange, yellow.

7 Food Groups: poultry, dairy, essential fatty acids,
vegetables, grains, sweet, water.

Both the Turkey Cheese Roll-ups and Joseph's Lemon Sugar-Free Cookies are Kid Critics Approved. We can assure you that your kids will be asking for more of both. The salsa should be mild though we are always happy to hear that some kids love spicy!

YUM!