

MEAT ROLL-UPS

Meat slice roll-ups: Golden roasted turkey, turkey salami, turkey bologna, chicken slices

Roll-up fillers: White cheese slices (low-fat), soy (veggie) cheese slices, lettuce, spinach, cream cheese (low-fat), shredded carrots, a bit of canola mayonnaise, a bit of mustard

Layer any of above fillers on meat slices. Roll them up tightly. Kids love to eat these. (For those on-the-run mornings, give them these for breakfast!)

NUMBER OF COLORS: depends on chosen foods

FOOD CIRCLES: depends on chosen foods. Many include essential fatty acids.

Number of Servings: depends on amount prepared

Serve with: water

Comment: Customize for your kids by mixing and matching with their help.

GROCERY LIST is dependent upon the snack you choose.

* Choose additive-free, low-fat, low-sodium foods.

** Please note that raw honey is not recommended for children three years and younger.