

## Easy Pinwheels

12 (10-inch) flour tortillas

1 (8 oz.) package fat-free cream cheese

1 head lettuce

1 (6 oz.) package sliced deli-style turkey or ham

2 cups shredded carrots

2 cups minced tomato

Spread cream cheese evenly over tortilla. Top the cream cheese with lettuce leaves. Arrange deli-style meat slices in even layers on top of the lettuce. Sprinkle the carrots and tomatoes over. Roll the tortillas into wraps. Cut the wraps diagonally into bite-sized pieces. Secure with toothpicks.

## Cheeseburger Quesadillas

8 oz. ground turkey sausage, cooked and crumbled (with or without onions)

2 (8-inch) flour tortillas

1/2 cup shredded cheese

1/4 cup lettuce, shredded

1/4 cup cherry tomatoes, diced

Mustard and ketchup, optional

Heat a skillet sprayed with butter-flavored non-stick spray. Place a tortilla into the pan and cover tortilla with cheese. On one side, top with some of the turkey sausage, tomatoes & lettuce. When cheese begins to melt, fold the tortilla in half and cook until golden. Serve with mustard and/or ketchup for dipping.



**DON'T FORGET!** to pack utensils, napkin, and something healthy to drink (or milk money). It's also great to pack a happy note or riddle for your child.

## Trail Mix

This recipe can be tweaked to fit your child's personal tastes.

1 cup toasted oat cereal (honey nut, plain and apple cinnamon)

1 cup goldfish crackers (or other cheese cracker)

1 cup cherry-flavored dried cranberries

1 cup cashews or other nut

1 cup chocolate candies

1 cup peanut butter or butterscotch chips

1 cup miniature pretzel twists or sticks

Throw everything together in a sealed container. Store in cool, dry area (to prevent melting of soft ingredients). Package in snack-size baggies or container with lid for your child.

## Fruit Yogurt Parfait

1 cup yogurt (any flavor, with or without fruit)

1/2 cup fruit, bite-size (your choice)

1/4 cup granola

In container with tight fitting lid, layer yogurt and fruit; repeat layers. Package granola in a separate container for your child to sprinkle on top.



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BACK 2 SCHOOL  
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TREATS

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## The Challenge

Along with the new school year comes the daily challenge of preparing a healthy & nutritious lunch for your child that they will actually eat – AND that doesn't break your budget. With a little preparation, you can pack lunches that your kids will eat and you can feel good about sending with them.

Start with a balanced lunch meal-plan calendar that includes protein, whole grains, and a fruit and/or vegetable. Some suggestions might include:

- Bagel with cream cheese and fruit slices
- Hard-boiled egg, grapes, whole-grain crackers, and cucumber slices
- Kebabs – cherry tomatoes, ham rolls, cheese cubes, & popcorn
- Caprese salad of tomatoes, basil and fresh mozzarella with chicken or turkey. Try the salad in a pita pocket for a quick, healthy sandwich.
- Whole-wheat pasta salad (with veggies, chicken or tuna) and low-fat yogurt
- “Make-your-own” tuna salad on crackers with cheese sticks and grape tomatoes
- Grilled cheese sticks with marinara dipping sauce, cherry tomatoes and orange segments



## Fruit Kebabs

For this, you can use just about any fruits that are in season. You could even try unusual fruits, such as cherries, mango, kiwi, papaya, etc. Wash fresh fruit thoroughly and dry on paper towels. Then put fruit chunks on plastic stirrers, alternating fruit. Fruit that works well for this is seedless grapes, drained can pineapple chunks, blueberries, & strawberries (leaves removed).



## Salad on a Stick

Anything goes with this recipe. The following are simply guidelines.

Olives (black or ripe green), extra large

Tomatoes (grape, cherry, chocolate cherry, sunburst)

Cheese cubes (cheddar cubes, mini mozzarella balls)

Meats, sliced very thin (prosciutto, black forest ham, roast beef, oven roasted turkey)

Lettuce (or other greens)

Wooden skewers

Thread an assortment of olives, tomatoes, cheese, meats and greens through the skewers.

## Sandwich on a Stick

Use your child's favorite deli meat, cheese & veggies to whip up an easy to handle sandwich that's much more fun to eat than the traditional sandwich.



## The LUNCHABLE

Many kids love the pre-packaged “lunch” containers with pizza or lunch meat, crackers and cheese. You can make a healthier – and less expensive – version at home with a little advanced planning. The best part is you then know exactly what your child is eating.

## Homemade Healthier Lunchable



Start with lean turkey or ham and cut into squares or circles. Slice a favorite cheese and cut into shapes using small cookie cutters. Add whole-wheat crackers and you are ready to pack.



You can make a pizza variety using sandwich thins as the crust. Make your own sauce or try a low-sodium canned. Add grated cheese and favorite toppings, like miniature pepperoni slices, ham, pineapple, or green peppers.



Add raw fruits and/or vegetables to round out the lunch. Package them in snack-size zip lock baggies or you might even pack the items in a divided plastic container.



Of course, you are not limited to lunch meat, crackers & cheese or pizza. Try chicken strips with a smoothie or turn a boring sandwich into a pinwheel. You can fill them with all sorts of yummy things. Send with a ranch-style dressing or salsa.