

# back to school FRESH LUNCH BOX RECIPE IDEAS

## KID SUSHI!

Think outside the square of sliced bread and roll up your kiddo's food like sushi. The options are almost limitless, just let your imagination run wild. Try to add items from two-three of the columns in our grocery list so there are a variety of nutrients.

### BANANA ROLL-UP

Tortilla, Peanut Butter, Banana, Honey, Cinnamon  
(optional)

1. Lay out a tortilla and spread peanut butter, other nut butter, or a nut free alternative onto a tortilla.
2. Peel banana and place on tortilla in line with one edge.
3. Drizzle honey and a little cinnamon (optional) over tortilla.
4. Roll up TIGHT and slice in inch long sections like sushi.
5. Store in sealed container.

### PROTEIN WRAP

Cucumber, Deli Turkey, Cream Cheese

1. Peel cucumber and slice long-ways into four even sections, like four long sticks.
2. Lay out a slice of thick-cut deli turkey.
3. Spread cream cheese over turkey.
4. Lay one section of cucumber on sliced turkey, near one edge.
5. Roll up TIGHT and slice in inch long sections like sushi.
6. Store in a sealed container.

### TUNA SUSHI SANDWICH

Bread, Tuna, Cucumber, Carrot

1. Slice carrot and cucumber lengthwise to make long pieces.
2. Cut the crust off a slice of bread.
3. Spread tuna down the middle of sliced bread and add pieces of cucumber and carrot.
4. Roll up TIGHT and slice in inch long sections like sushi.
5. Store in a sealed container.

### FRUIT ROLL UPS

Tortilla, Cream or Goat Cheese, Turkey, Fruit of Choice

1. Slice fruit lengthwise to make long pieces.
2. Lay out tortilla and spread with cheese.
3. Top with sliced Deli Meat.
4. Layer sliced fruit.
5. Roll up TIGHT and slice in inch long sections like sushi.
6. Store in a sealed container.

## DIY LUNCHES!

Kids always love when they can build it themselves... so give them the ingredients and let them get creative.

### BUILD A PIZZA

Pita Bread, Pizza Sauce, Shredded Cheese, Pepperoni

1. Using a pizza cutter slice pita bread into 4 sections
2. Using small sealable containers, pack pita triangles, shredded cheese pepperoni and sauce.
3. Tip: When you buy a jar of pizza sauce (preferably with 5 ingredients or less), pour into ice cube tray and freeze. Once frozen, transfer to freezer safe bag. When you're packing lunch, just grab a cube or 2 and by lunchtime, it should be thawed for use.

### PERFECT PARFAIT

Yogurt, Granola, Frozen Berries

1. In a small containers, fill with yogurt and top with frozen berries (no sugar added).
2. In a separate small container, pack granola and raisins (optional)
3. Tip: Instead of packing a sugar-filled container of yogurt, let your kiddos create their own parfait with healthier ingredients. I usually purchase a container of organic yogurt and make simple homemade granola, this way, I know exactly what is in their food.

## KABOB IT!

Pack simple, healthy foods in a new way and it will intrigue your littles into tasting it. When in doubt "kabob" it. Use toothpicks or skewers (just remember to cut the tips off).

### SWEET

Some of our favorite sweet combinations:

- Strawberry + Grape + Cucumber
- Banana + Melon + Pineapple + Kiwi + Strawberry
- Blueberry + Grape + Watermelon

### SAVORY

Some of our favorite savory combinations:

- Turkey + Cheese + Grape Tomato + Cucumber + Orange Pepper
- Hot Dog Slice + Mini Pickle + Cheese
- Pepperoni + Mozzarella + Grape Tomato + Pita Bread
- Turkey + Cheese + Grape

# BREADLESS SANDWICHES!

You can make fun “Sammies” out of almost anything. You just have to be willing to think outside the breadbox.

## AN APPLE A DAY

Apple, Nut (or alternative) Butter, Raisins (of Chocolate Chips)

1. Core and slice apple horizontally to create round discs.
2. Use apple discs to create a sandwich by smoothing peanut butter between slices.
3. Add in raisins, granola or chocolate chips to compliment the flavors.

## CUCUMBER SAMMIE

Cucumber, Cream Cheese, Deli Turkey

1. Slice Cucumbers horizontally to create round discs.
2. Create mini sandwiches using cucumber slices as bread.
3. Spread cucumber slices with cream cheese.
4. Add deli turkey.

## HUMMUS BITES

Zucchini, Hummus, Snap Peas, Tomatoes, Sea Salt, Pepper

1. Slice zucchini horizontally to create round discs.
2. Use zucchini discs to create a sandwich by smoothing hummus between slices.
3. Add sliced tomato, snap peas (optional) and a sprinkle of sea salt and pepper.

## TUNALICIOUS

Tuna, Cucumber, Cheese or Sliced Tomato

1. Slice cucumbers horizontally to create round discs.
2. Create mini tuna sandwiches using cucumber slices as bread and fill with tuna and other ingredients.

# GROCERY LIST!

## PROTEIN + DAIRY

- ☐ Eggs
- ☐ Turkey (fresh or deli)
- ☐ Turkey Pepperoni
- ☐ Cooked Chicken or Canned
- ☐ String Cheese
- ☐ Milk (Organic, Almond, Cashew, Rice)
- ☐ Cream Cheese
- ☐ Organic Shredded Cheese
- ☐ Yogurt
- ☐ Nitrate Free Hot Dogs

## SEEDS

- ☐ Flaxseeds
- ☐ Sunflower
- ☐ Pumpkin
- ☐ Sesame
- ☐ Limited:
- ☐ Peanuts and Peanut Butter

## CARBS

- ☐ Oats/ Oatmeal
- ☐ Potatoes:
- ☐ Sweet
- ☐ Redskin
- ☐ Whole Grain Tortillas
- ☐ Whole Grain Waffles
- ☐ Pita Bread
- ☐ Honey
- ☐ Jellies

## NUTS

- ☐ Almonds
- ☐ Cashews
- ☐ Macadamias
- ☐ Pecans
- ☐ Pistachios
- ☐ Pine Nuts
- ☐ Walnuts

## FRUIT

- ☐ Apple
- ☐ Strawberry
- ☐ Blueberry
- ☐ Raspberry
- ☐ Cranberry
- ☐ Blackberry
- ☐ Banana
- ☐ Grapes
- ☐ Grapefruit
- ☐ Melons
- ☐ Mango
- ☐ Citrus
- ☐ Dates
- ☐ Papaya
- ☐ Peach
- ☐ Pear
- ☐ Pineapple
- ☐ Plum

## VEGGIES

- ☐ Asparagus
- ☐ Broccoli
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celery
- ☐ Cucumber
- ☐ Green Beans
- ☐ Peppers
- ☐ Salad
- ☐ Sugar Snap Peas
- ☐ Tomatoes
- ☐ Zucchini
- ☐ Pizza Sauce (natural ingredients)
- ☐ Mini Pickles

## FATS

- ☐ Natural Nut Butters
- ☐ Hummus