

Power Lunches!

Go for variety...

1. Offer or pack milk, a small container of low-fat yogurt, or a few slices of cheese with crackers. Try a grilled cheese sandwich with a bowl of tomato soup for an easy Saturday lunch.
2. Offer or pack a vegetable - carrot sticks, broccoli or slices of pepper with a little ranch dressing for dipping, a tuna or cheese sandwich with thin slices of tomato or lettuce.
3. Offer or pack a fruit to top off your meal - orange slices, grapes (cut in half for children) a banana, or any fresh fruit in season. Canned fruit like peaches, pineapple and applesauce are great treats.
4. Mix up your sandwiches by putting your tuna, turkey or peanut butter on a bagel or in a pita pocket for a change of pace.
5. Leftovers from last night's dinner are great for lunch the next day. Make sure to heat the leftovers well in the microwave and test the temperature before you serve them to your child.



Does your child go to day care or nursery school?

If your child has lunch served to them at day care, talk to your child's day care provider about what kinds of foods are served each day. Ask how often fruits, vegetables and milk are served at lunch and snacks. This will make it easier for you to know how to plan your child's other meals and snacks at home.

Ideas for Power Lunches in a SNAP!

- ✦ Ask children what they want, or take them shopping to pick out foods. Children have wonderful ideas of their own for lunch foods.
- ✦ Take advantage of fruits and vegetables in season.
- ✦ Be creative about what you put in sandwiches - try fresh veggies and a slice of cheese in a pita pocket.
- ✦ Replace a traditional sandwich with crackers, a container of veggies and soft cheese or peanut butter, and a piece of fruit.
- ✦ Serve salads topped with shredded cheese, tuna and extra veggies with a whole-grain bread and milk. You'll have a complete meal without turning on the stove

Cheesy Ham Roll-Ups

Delicious and fast-only 5-10 minutes from start to finish!
Serve this ham and cheese roll-up with crisp carrot sticks, fresh fruit and ice-cold milk for a tasty and healthy lunch!
Serves 1

Ingredients:

- 1 eight-inch flour tortilla
- Mustard
- 1 piece of cooked ham, thinly sliced
- 1 slice of Swiss, Cheddar or American cheese
- 1/4 cup of finely chopped broccoli

Instructions:

1. Chop broccoli and measure out 1/4 cup.
2. Spread mustard on tortilla. Place slice of ham and slice of cheese onto roll-up. Top with broccoli.
3. Tightly roll up tortilla.
4. Put roll-up on a plate and place in microwave.
5. Microwave on HIGH for 1 minute.

Source: Better Homes and Gardens New Junior Cookbook

Easy Potato Salad

Make it now, eat it later! Great for lunch boxes.

Makes 6 services or 6 cups.

Ingredients:

- 6 medium potatoes
- 3 hard-boiled eggs
- 1/2 cup chopped sweet pickles
- 1/4 cup chopped onion
- 1/8 teaspoon pepper
- 1 cup plain, low-fat yogurt
- 1/4 cup mayonnaise
- 6 Tablespoons sweet pickle juice
- 1 Tablespoon mustard

1. Cook unpeeled potatoes in water until tender.
2. Drain and peel while hot and put in large bowl.
3. Stir with a fork to break up into small pieces.
4. Add chopped eggs, pickles, onion and pepper.
5. Mix the yogurt, mayonnaise, pickle juice and mustard together and add to the potatoes. Mix, cover and refrigerate.