

Fun Lunches for Kids



Getting kids to eat healthy and nutritious foods can sometimes be a challenge! Here are some tips and fun lunch ideas to bring variety and color to your child's lunch.

Easy California Wrap:

- 1 Whole wheat tortilla (8")
- 1 tbsp veggie cream cheese
- 1/4 cup imitation crab meat
- 1/4 cup spinach leaves
- 1/4 cup grated carrots
- 1/4 ripe avocado, smashed
- Spread cream cheese over tortilla, and then spread smashed avocado.
- Layer spinach leaves evenly over tortilla; sprinkle crab meat and grated carrots.
- Wrap tightly and cut in half.
- *Note: you can replace the crab meat with turkey or cucumbers.*

Pesto and Veggie Pizza:

- 1 frozen chopped spinach (10 oz)
- 1 frozen chopped broccoli (10 oz)
- 1 medium chopped fresh tomato
- 1 whole wheat pizza crust (12")
- 1 cup pesto sauce of your choice
- 2 1/2 cups shredded cheese of choice
- 3 cloves of minced garlic
- Preheat oven to 375°F.
- Defrost spinach and broccoli in the microwave for 5 minutes on high. Place in a paper towel to soak out any excess water.
- Place pizza crust on baking sheet, spread pesto sauce and top with veggies and then cheese. Sprinkle garlic on top and put in the oven.
- Bake for 15-18 minutes or until cheese is bubbling and lightly browned.

Lunch Time Tips:

- Make the meal colorful and appealing to all five senses.
- Include a variety of different textures at meals: crunchy, chewy, soft, etc.
- Encourage them to try everything on their plate and don't forbid foods.
- Offer a new food along with one that they like.
- Use vegetables as an appetizer and fruit as a dessert.
- Allow your kids to help you prepare the foods.

