

COOL Lunch BOX

Chicken Rice Pasta Pasta, GLUTEN-FREE,

Tamari Pumpkin Seeds

Fruit Kabobs on straws

Mini Brownie Muffin, (made with yogurt), No

Pudge (Use *Pamela's* brownie mix for Gluten-Free)

Spring Water

TIPS: This is a pasta salad that works with kids. The Kid Critics loved it. Key to making this salad inviting: Chicken cut into little cubes. Broccoli flower tips are closely shaved off the stems... the flower is where most of the nutrients are found. Choose little peas. Paprika stirred into it gives a pleasing colorful presentation - important to kids. Dressing is light, not heavy,

Note the kabobs! The fruit is slipped onto a straw. The cool part is that as you slide the fruit on, a bit of fruit fills the center (look closely at the picture) - great finger food for kids.

Tamari pumpkin seeds add crunchy tasty food fun for lunch. A reward for eating the healthy salad is the Kid Critics Approved treat, *No Pudge* original brownie mix. All you do is add yogurt! We did add an egg white to give these brownies a cake-like texture (on directions). They were baked in miniature muffin pans lined with parchment paper - Mini Brownie Muffins! Easy to make, no fuss, no muss and a lunch box natural.

7 God-made Food Colors: white, tan, green, golden, red, brown, yellow,

10 Food Groups: grains, poultry, dairy, vegetables, EFAs, herbs, seeds, fruit, sweet, water - *WOW!*

Vitamin C in Lunch: Peas, broccoli, paprika, watermelon, pineapple

Mineral Zinc in Lunch: Peas, broccoli, chicken, mozzarella and parmesan cheese, pumpkin seeds, pineapple, watermelon