

## **Cheese Spinach Ravioli & Turkey Kabobs**

**Celery sticks with Ranch Dressing** (*Simply Organic*)

**Red Bell Pepper slices**, organic if possible

**Kiwi slices**

**Almond Nut Crackers**, *Blue Diamond*

**Spring Water**

TIPS: Kabobs are a big hit with kids. We advise using coffee stirrers as they do not have pointed ends and you are still able to slide food on them. Left-over cooked cheese and spinach filled ravioli are great kabob fillers. Kids will eat them cold. Add chunks of left-over turkey or chicken. We used turkey slices which we curled and slid onto the stirrers - easy to do! Sprinkling a little Parmesan cheese over the tops brings a little zip to the taste. We added high fiber celery sticks and red bell pepper slices with a low sodium - good tasting Ranch dressing. Crunchy almond nut crackers can also be dipped in the dressing. Topping off this lunch are a few kiwi slices which are loaded with Vitamin C. Make sure they are ripe for maximum flavor. This lunch box has three sources of green: spinach, celery and kiwi - awesome!

**5 God-made Food Colors:** white, green, red, tan, orange (dressing)

**7 Food Groups:** dairy, grains, poultry, vegetables, nuts, fruit, water

Filled with fun finger food, your kids will welcome this lunch box. And, they will be well nourished for the rest of their school day!