

Chicken Franks Kabobs, Shelton's Poultry, KKA* made with white cheese chunks
Cucumber Sticks
Cream Cheese Dip
Whole Wheat and Oats Pretzel Sticks, Organic, Snyder's of Hanover, (KKA)
Pineapple Chunks

TIPS: Choice Moist Chicken Franks (recipe on left) are good cold since they are plump full of moisture and flavor. Slide slices onto stick with chunks of white cheese in between. We suggest you offer ketchup or mustard for dipping, though they can also dip them in the above cream cheese mixture. Cold crisp cucumbers are perfect summer crunchies. Since they are long on texture and short on flavor, cream cheese with added milk (cow's or rice) to thin it a bit makes a good dip. You can even add some herbs or spices such as chives and paprika to give it some added flavor and color. The Whole Wheat and Oats Pretzel Sticks round this lunch out and they too can be dipped. For added color and a sweet satisfaction, place some fresh pineapple chunks in a plastic container with a lid. Be sure to throw in an extra napkin if you don't give them a plastic fork to eat the pineapple.

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

6 Food Groups: poultry, vegetables, dairy, herbs/spices, grains, fruit

"Fast and easy to prepare. Fast and fun to eat." That's our healthy Lunch Box Menu motto. This one fits this bill. Again, finger food works well with kids. This combination adds up to a healthy balance of food groups and colors. We almost always suggest you pack lunch boxes with an ice pack. Keeps food and kids cool!