

Hummus Brown Rice Sandwich, recipe below
Puffin Cinnamon Cereal, *Barbara's Bakery*, **KKA***
Honeydew Melon/Pineapple Kabob, **KKA***
Water

OPTION: Replace hummus with a nut butter

TIPS: Such an easy "sandwich" and surprisingly delicious! Simply spread hummus on a brown rice cake, sprinkle shredded carrots, parsley flakes and shredded mozzarella cheese on top. Add a little hummus to the other brown rice cake if you like. Place it on top. Ready to go. Best to resist cutting the rice cake in half. You can also serve it open faced as photographed above. Puffin Cinnamon Cereal "pillows" are great lunch box fillers. Honeydew/pineapple are especially good together in this kabob as their juices slightly intermingle. By lunch time, they will be irresistible. Be sure to use coffee stirrers as the stick - no pointed ends.

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

7 Food Groups: whole grains, vegetables, herbs, dairy, spices, fruit, water

Lunch Box Motto: "Fast and easy to prepare. Fun to eat." Not only is this easy, it is loaded with performance nutrients. Adding powerful cinnamon as the munchy treat is a huge plus. Don't worry about the rice cake crumbles. The hummus or nut butter will help hold everything together. Those escapee crumbles offer some fun finger food challenges. You have a **6/7 Performance Meal** here for your kid - that's 6 naturally sourced colors filled with anti-oxidants, and, 7 different food groups covering an whole host of nutrients bases. We always recommend including ice packs in lunch boxes. Best to keep everything cool!