

Falafel Taco Salad,

Muncheeze Sticks, *Lisanatti Foods*

Falafel Chips original, gluten-free, *Flamous Brands*

Chocolate Energy Bar, *Greens+*

Spring Water

TIPS: Kids often think falafel is ground beef. I admit I had to see this to believe this - believe it. What helps are the beautiful balance of herbs and spices found in falafel. The Kid Critics loved it. This ought to encourage you to try this recipe and not pull back from well seasoned food. Make falafel tacos for dinner and save leftovers for lunch. It is served cold. Be prepared to listen to your kids crunching these Falafel Chips. Their texture is irresistible. And, Kid Critics verified that they taste delicious! KKA Muncheeze alternative cheese sticks melt in your mouth - Yum. The Greens+ chocolate energy bar is also Kid Critics Approved. For the younger ones, you may want to give them half or cut it up into bite sizes.

4 God-made Food Colors: brown, red, green, white.

8 Food Groups: legumes, vegetables, grains, fruit, nuts, seeds, sweet, water.

Loaded with protein, other nutrients and fiber, this menu will stoke up kids for a positively productive afternoon. This entire lunch is filled with Kid Critics Approved recipe and products. Looks like a win/win to us. That makes is a win/win for you!