



Edamame LUNCH BOX Menu

- Edamame beans in pods, frozen
- Health is Wealth Vegetarian Cocktail Franks
- Lisanatti Muncheeze Snack Stick - American Style (cheese alternative)
- Fit Kids Snackin' Grahams - Cinnamon Toast (Country Choice Organic)
- Spring Water

TIP: Put the frozen beans in a container. They will help keep everything cold. The beans thaw out to just the right texture in time for lunch (This is Kiki's dad's idea - brilliant). Warm through the Cocktail Franks before packing. They can later be eaten cold or warm. You may want to add a bit of ketchup (no corn syrup) for dipping.

The edamame, Lisanatti Muncheeze Snack Stick, and Health is Wealth Vegetarian Cocktail Franks all provide needed protein fuel for your kids' muscles. One Muncheeze Snack Stick also provides more calcium than an 8 ounce glass of milk! Plus, this lunch box menu fills your kids up with balancing fiber and high quality carbs for energy. This is why we added a little treat - Fit Kids Snackin' Grahams....yum!

Kid Critics Approved Products:

Health is Wealth Vegetarian Cocktail Franks

Lisanatti Muncheeze Snack Sticks - American Style (cheese alternative)

Fit Kids Snackin' Grahams - Cinnamon Toast (Country Choice Organic)

