



Kid Pleasing Lunch Menus

Getting kids to eat healthy can be a challenge, but with these healthy lunch menus, kids will want you to pack their lunch.

Very Veggie Soup

1 Can Campbells' Select Harvest Light Minestrone Soup (NuVal™ Score 57) plus 1 Cup Meijer frozen vegetables such as cut green beans (NuVal™ Score 100)

To make it a meal, add:

- Whole grain Goldfish Crackers (NuVal™ Score 28)
- Meijer reduced fat string cheese (NuVal™ Score 22)
- Fresh apple (NuVal™ Score 96)
- Meijer Low Fat Milk

Pack a lunch with a variety of nutritious and fun foods for taste and visual appeal.

Peanut Butter-Apple Wraps

For a new twist on an old favorite, layer peanut butter and apples slices on a whole wheat wrap. Roll it up and you're ready to go.

To make it a meal, add:

- Baby Carrots
- Meijer Low Fat Milk

Check out

“Easy Meals for Healthy Kids”

for tips and recipes at

meijermealbox.com/healthykids



Look for NuVal

The NuVal nutrition scoring system considers over 30 nutrients and boils it all down into one simple number you can trust to help you choose healthier food. Scores range from 1-100, higher numbers are more nutritious foods.

Radical Ranch Wraps

For great wraps that don't fall apart, use FlatOut® bread (look for it in the deli section) or use a whole grain tortilla. Place 1 to 2 slices of Roasted Turkey on one side of the FlatOut bread, add 1 slice colby jack cheese, 1 Romaine lettuce Leaf (washed and patted dry), drizzle with 1 Tbls. reduced-fat Ranch salad dressing and top with alfalfa or broccoli sprouts.

To make it a meal, add:

- Broccoli Florets
- Fresh Peach Slices
- Meijer Low Fat Milk

Garden Pasta Salad
(see back for recipe)

Fresh Peach Slices
Low Fat Pudding



Lunchbox Taco Salad
(see back for recipe)

Mango Slices
Meijer Low Fat Milk



Beef & Cheese
Pinwheels
(see back for recipe)

Sweet & Savory
Poppers
(see back for recipe)

Meijer Low Fat Milk



Chicken Veggie Wraps
(see back for recipe)

Low fat Yogurt
Pineapple Chunks



Find the recipes for these meals and more on the back.

Sweet and Savory Poppers

Makes 2 Servings

Fruit

½ cup frozen grapes

½ cup frozen raspberries

½ cup Well-Pict Berries® strawberries, washed, dried, stem removed

2 tbsp. vanilla dip or low fat vanilla yogurt

Vegetables

½ cup rainbow peppers, seeded, sliced in half lengthwise

½ cup TopLine® mini cucumbers, sliced at an angle

½ cup carrots, peeled, sliced at an angle

2 tbsp. Marzetti® Simply Dressed® Ranch dressing

1. Wash and dry grapes, remove from stem, place on cookie sheet, single layer. Do the same for the raspberries and freeze them over night (once they're completely frozen you can store them in an airtight container up to six months).
2. On one half of the plate, arrange fruit bites with a dab of vanilla dip on each piece.
3. On the other half of the plate, arrange rainbow peppers, cucumbers, and carrots with a dab of ranch dressing on each piece.

Recipe from produceforkids.org
Nutrition Information (per serving): 140 calories, 4.5g fat, 12mg cholesterol, 200mg sodium, 25g carbohydrate, 5g fiber, 2g protein

Chicken and Vegetable Pasta Salad

Makes 4 Servings

4 cups Barilla Pasta Plus Penne pasta, cooked (NuVal™ Score 91)

1 bag Meijer frozen Florentine Style Vegetables (broccoli, carrots, cauliflower), thawed

1 ½ cup cooked chicken, cut in bite size pieces (Meijer rotisserie chicken) (NuVal™ Score 39)

½ cup Wishbone light ranch dressing

1. Cook pasta according to package directions. Drain and rinse pasta in cold water.
2. Add vegetables and chicken to pasta.
3. Pour salad dressing over pasta mixture; toss to coat.
4. Refrigerate until ready to serve.

Nutrition Information (per serving): Calories 360, Fat 9g fat, Cholesterol 49 mg, Sodium 373 mg, Carbohydrate 45g, Fiber 7g, Protein 25g.

Chicken Veggie Wraps

Makes 4 Servings

2 cups cooked chicken breast meat, diced or shredded rotisserie chicken, skin removed

½ cup grated baby carrots

½ cup chopped broccoli florets

½ cup Marzetti's low fat ranch dressing

3 cups Dole Romaine salad

6 Meijer whole wheat tortillas (7"- 8" diameter)

4 cups fresh cut pineapple chunks or Meijer canned pineapple chunks in juice

1 (6 oz.) Meijer low-fat vanilla yogurt

Combine chicken, carrots, broccoli and dressing. Toss gently. Line each tortilla with ½ cup of packaged salad mix. Spoon ½ cup of chicken salad mixture on to tortilla. Roll closed and slice each tortilla into thirds. If desired, secure each wrap with a party toothpick.

Recipe adapted from [produce for kids.org](http://produceforkids.org)
Nutrition Information: 525 calories, 10g fat, 52mg cholesterol, 645mg sodium, 80g carbohydrate, 6g fiber, 27g protein

Garden Pasta Salad

Makes 6 Servings

2 cups Meijer Organics whole wheat rotini, (6 oz.)

1 cup cherry or grape tomatoes, halved

1 cup diced yellow bell pepper, (1 small)

1 cup grated or matchstick carrots, (2-4 carrots)

1/2 cup chopped green onions

1/2 cup canned sliced black olives

1/3 cup slivered fresh basil

½ cup balsamic dressing

1. Cook pasta according to package directions. Drain and rinse pasta in cold water.
2. In a large bowl, combine pasta, tomatoes, bell pepper, carrots, green onions, olives, basil and dressing; toss to coat well. Cover and refrigerate for up to 1 day.

Note: Toss in 2 (5oz.) cans of Bumble Bee chunk light tuna in water or 2 cups cooked chicken to add protein.

Nutrition Information (per serving): 149 calories, 7g fat, 0g saturated fat, 3mg cholesterol, 234mg sodium, 21g carbohydrate, 3g fiber, 3g protein

Beef & Cheese Pinwheels

Makes 4 Servings

4 tbsp. Meijer Neufchatel 1/3 less fat cream cheese

4 whole wheat tortillas

¾ lb. thinly sliced deli roast beef

2 cups baby spinach leaves

1. Spread cream cheese evenly over one side of each tortilla.
2. Place deli roast beef over cheese leaving 1/2-inch border around edges.
3. Place spinach leaves over beef.
4. Roll up tightly and wrap in plastic wrap. Refrigerate at least 30 minutes.
5. Cut each roll crosswise into 8 slices.

Nutrition Information (per serving): 362 calories, 12g fat, 8mg cholesterol, 755mg sodium, 35g carbohydrate, 8g fiber, 27g protein

Shortcut Chocolate Chip Cookies

1 17.5 oz. pkg. Betty Crocker Oatmeal Chocolate Chip cookie mix

1/4 cup ground flax seed (NuVal™ Score 100)

1 egg - Eggland's Best Eggs (NuVal™ Score 44)

1 stick (1/2 cup) Smart Balance Butter Blend (NuVal™ Score 6)

1. Pre-heat oven to 375 degrees.
2. In medium bowl, stir cookie mix, flax seed, butter and egg until soft dough forms.
3. Line baking sheet with parchment baking paper (if desired) and drop dough by rounded tablespoons onto cookie sheet.
4. Bake 10-12 minutes, until lightly browned. Remove from oven and cool completely.

Lunchbox Taco Salad

Makes 1 Serving

1 cup shredded romaine or iceberg lettuce

¼ cup chopped tomato

½ cup canned Bush's Best 50% less sodium black beans or kidney, rinsed and drained

¼ cup shredded Meijer 2% milk reduced fat cheddar cheese

½ cup baked tortilla chips

¼ cup salsa

1. In a plastic container big enough to use as a bowl toss together lettuce, tomato and beans. Pack crumbled tortilla chips, salsa and shredded cheese in separate small containers.
2. Top salad with crumbled tortilla chips, shredded cheese and salsa.

Nutrition information (per serving): 223 calories, 4g fat, 1.7g saturated fat, 5mg cholesterol, 830mg sodium, 35g carbohydrate, 8g fiber, 16g protein