

Let them dunk!



Sometimes it's OK to let your kids play with their food, especially when they are getting extra nutrition. Here are some budget-friendly, creative ideas to keep kids happy and healthy at lunchtime.

Guacamole



Avocados are a true nutrient powerhouse.

- ♦ Dip: guacamole
- ♦ Corn tortilla chips
- ♦ hardboiled egg
- ♦ cauliflower & strawberries

Hummus



Chickpeas provide a huge amount of fiber and protein.

- ♦ Dip: hummus
- ♦ Red and yellow bell peppers
- ♦ salami
- ♦ Pretzel sticks & grapes

Cottage Cheese



Cottage cheese is a creamy boost that's high in protein and calcium.

- ♦ Dip: cottage cheese
- ♦ Prosciutto wrapped steamed asparagus
- ♦ Yellow carrots
- ♦ Crackers & Kiwi

Applesauce



Another way to get your "apple a day".

- ♦ Dip: applesauce
- ♦ Leftover chicken & cheese on whole grain bread
- ♦ Carrot sticks
- ♦ Kiwi & blueberries