

Wrap it up!

Put a new twist on the usual sandwich by wrapping up your child's lunch in a tortilla, pita, turkey slice or even a lettuce leaf!



Turkey Slices



- ◆ Roll up a couple of slices of turkey with some cherry tomatoes and snap peas.
- ◆ Pear slices
- ◆ Whole wheat pretzel sticks

Burrito



- ◆ Spread refried beans and shredded cheese on a tortilla and roll up.
- ◆ Cubed turkey
- ◆ Cherry tomatoes and cheese crackers
- ◆ Strawberry slices and mandarins

Pita Wrap



- ◆ Cut up a pita and add red pepper hummus for spreading.
- ◆ Piece of cheese and yellow pepper sticks.
- ◆ Strawberry pieces
- ◆ Banana bread

Banana "Sushi"



- ◆ Spread yogurt on a tortilla place a banana on one edge and roll it up. Slice it into rolls or "sushi" pieces.
- ◆ Raw broccoli, carrots, cauliflower
- ◆ Whole wheat cereal
- ◆ Mixed berries