Here are some of our favorite lunch ideas for kids!

- Sandwiches: lean cold cuts such as turkey or ham, with a slice of cheddar on whole grain bread, topped with spinach, lettuce, tomato, or other veggies
- Peanut butter and jelly on whole grain bread
- Tuna fish sandwich on whole grain bread
- Wraps made with whole wheat tortillas, containing either lean cold cuts of cheese slices topped with veggie slices
- Quesadilla slices made with cheddar and chicken or vegetables
- Cold strips of grilled chicken with honey mustard dip
- Trail mix made with cereals, nuts, pretzels, dried fruit or raisins, and a few chocolate morsels
- Low-fat yogurt with berries
- 50% Reduced fat cheddar on whole wheat crackers
- 50% Reduced fat cheddar cubes or low-fat cottage cheese with fruit or vegetables
- Portion controlled sizes of low-fat yogurt, cottage cheese or yogurt smoothies
- For the vegetarian: mini-burritos made with rice and black beans or low-fat refried beans in a tortilla with tomato salsa (heated or eaten cold)
- Whole wheat pitas stuffed with fresh vegetables and hummus or cheddar
- Baked chips, soy crisps, or pretzels
- Water or drinks made with water and a splash of cranberry, peach, grape, or other 100% juice
- Low-fat or Skim milk
- Homemade air-popped popcorn flavored with a sprinkling of Parmesan cheese or Cheddar Powder

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Swash Buckling Salad Swords with Cucumber Yogurt Sauce
Heartfelt Tuna Melts
Breakfast Pinwheels