

[back to school]

Trade-proof lunches

Back to school doesn't have to mean back to boring school lunches. With a little planning, creativity and input from the kids, parents can turn lunchtime into fun time while earning top marks in taste and nutrition.

It's Kid Stuff

Avoid morning panic and poor choices by planning a weekly menu with the kids. They're more likely to try new foods if they help prepare them. You're also more apt to get the kids involved if you pack their lunches at night rather than in the morning.

Find extreme sandwich makeovers and more for the grown-up crowd.

Please visit raleys.com or nobhill.com for more!

Peanut Butter Apple Spread

Prep time: 5 minutes

- 1 cup creamy peanut butter
- 1/2 cup finely chopped apple (Granny Smith works great!)
- 2 tbsp. honey
- 1/8 tsp. cinnamon

Stir ingredients together in a small bowl. Press plastic wrap tightly against the surface and refrigerate until ready to use. Use within 3 days. Spread on bread or use as a dip for graham cracker sticks.

Makes 8 servings.

Nutrition per serving: 210 calories, 7 g protein, 17 g total fat (4.5 g sat., 0 g trans), 12 g carbohydrate, 2 g fiber, 8 g sugar, 150 mg cholesterol, 150 mg sodium, 5 points

Can Chicken Roll-Ups

Prep time: 10 minutes

- 10 6-inch flour tortilla
- 1/2 cup whipped cream cheese
- 1/2 cup salsa
- 1/2 cup cooked Southwestern seasoned breast strips (from our Meat

1/2 cup shredded romaine lettuce
1/2 cup shredded Mexican blend cheese
1/2 cup sliced ripe olives (optional)
Spread cream cheese on 2/3 of the tortilla. Top with chicken, lettuce, Mexican salsa and olives. Roll up tightly, leaving the top part of the tortilla (the flap) open. Cut in half, and refrigerate until ready to pack.

Makes 12 servings.

Nutrition per serving: 380 calories, 22 g protein, 34 g carbohydrate, 2 g fiber, 10 g fat, 910 mg sodium, 9 points

Snacks

Carrots?

Yes!

Cheese sticks

eggs



Save time with pre-cut veggies and dip from our Produce Dept.



Mini Pizza Bagels

Prep time: 10 minutes

- 1/3 cup whipped cream cheese
- 1 1/2 tbsp. chopped turkey pepperoni
- 1 tbsp. chopped green pepper
- 1/2 tbsp. chopped black olives
- 1/2 tbsp. sliced green onions
- 3 mini bagels, halved

Stir together all ingredients except bagels in a small bowl. Spread equal amounts of the mixture on the bagel bottoms. Close with bagel tops. Wrap tightly and refrigerate until ready to pack or serve.

Makes 3 small bagels.

Nutrition per bagel: 170 calories, 8 g protein, 9 g total fat (4.5 g sat., 0 trans), 15 g carbohydrate, 1 g fiber, 1 g sugar, 45 mg cholesterol, 480 mg sodium, 4 points



Tip: This creamy mixture is also great spread on small flour tortillas. Roll up tightly and wrap in plastic.