



From the Kitchen of Executive Chef Jessica VanRoo

DIY Lunchables

Serves 4

Calories per serving: Pizza 376/Meat, cheese and crackers 456

Description

Involving children in food preparation makes it more likely they will eat it.

This pair of do-it-yourself lunchable recipes are fun to put together and your kids can help!

Let them use cookie cutters to make fun shapes or a measuring cup to portion ingredients into their lunch containers.

Total cost:

Pizza \$12.84/\$3.21 per serving

Meat, cheese and crackers \$12.18/\$3.05 per serving



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DIY Lunchables

Pizza

- 4 whole wheat English muffins, mini bagels or sandwich thins
- ½ cup pizza or marinara sauce
- ½ cup shredded mozzarella or provolone cheese
- 6 slices smoked turkey breast
- 2 cucumbers cut into 12 sticks
- ¼ cup peanut butter or other nut butter
- 2 large apples, sliced

Meat, cheese and crackers

- 2 cucumbers cut into 12 sticks
- 1 carrot cut into 12 sticks
- 8 slices turkey breast or chicken
- 12 slices cheese cut into triangles
- 24 to 40 whole wheat or seed crackers
- ¼ cup chocolate chips
- ½ cup blueberries (mix with chocolate chips)

Instructions

- Place each ingredient in an individual container within each lunch box, if possible. (Think reusable silicone cups or muffin pan liners. Bento boxes are another great option.)
- Cut out fun shapes.
- Try wrapping vegetables with slices of lunch meat.
- Switch up the fruits and vegetables, using seasonal ingredients or your child's favorites.
- Refrigerate lunches up to three days.