**LUNCH IDEAS FOR YOUNG ONES**

Remember, Little Lamb is PEANUT FREE!

1. Turkey and cheddar cheese sandwich on whole wheat.
2. Grilled American cheese sandwich on whole wheat, Dole mixed 100% fruit cup
3. Grilled chicken patty seasoned with parsley and LIGHT pepper, baked sweet potato fries
4. Crinkle carrots, sliced cucumbers (peeled), spinach and artichoke dip, whole wheat pita bread triangles
5. Chopped cooked broccoli topped with cheddar cheese, warm whole grain pita
6. Tomato, cucumber and onion salad - chop/slice veggies - mix with light Italian dressing or red wine vinegar and olive oil, kids chicken nuggets
7. Turkey burger patty (no bun) sliced, baked sweet potato fries
8. Whole wheat or grain toast, avocado and cream cheese smeared on toast, steamed carrot sticks and dipping sauce
9. Almond butter and jelly sandwich, milk
10. Soy butter (WOW Butter) is a good choice also.
11. Cheesy Broccoli-Potato Mash (1lb yukon Gold potatoes cut into wedges, 3/4 pound broccoli crowns chopped, 3/4 cup shredded fontina cheese, nonfat milk, teaspoon of sea salt, fresh ground pepper - place 1 in of water to boil in large pot, place potatoes in a  steamer basket and steam for 10 minutes. Place broccoli on top, cover and steam until the potatoes and broccoli are tender, 6 to 8 minutes more. Transfer the broccoli to a large bowl and coarsely mash with a potato masher. Add the potatoes, cheese, milk, salt and pepper and continue mashing to desired consistency. Serve immediately.)
12. Tuna Salad Pita (light mayo, tuna, baby spinach leaves chopped)
13. Lunch meat slices, cheese slices, whole wheat wrap rolled or torn, veggie medley
14. Pea salad ( 1 bag of frozen peas, 1 cup chopped potato, 1 cup onion, 1 cup celery, 1 cup chopped tomato, 1 cup cheddar cheese, 1/4 cup light mayo. 1/4 cup plain yogurt, 1 tbl spoon apple cider vinegar, 1 tsp. dried mustard - mix everything and cool)
15. Spinach Ravioli with Parmesan cheese sprinkled on top, side of sliced strawberries
16. Whole Wheat Triscuits, American cheese slices, ham and/or roast beef slices, sliced cantaloupe
17. Sliced pickles, green olives, black olives, cheese cubes, whole wheat pita