



# BACK-TO-SCHOOL LUNCH RECIPES

WITH SCHOOL BACK IN SESSION, MAKE THE MORNING RUSH A LITTLE EASIER WITH THESE EASY-TO-MAKE AND HEALTHY LUNCH RECIPES YOUR KIDS WILL LOVE.



# PIZZA WRAP

SERVES 1



## INGREDIENTS

Flatout flatbread wrap  
 3 tablespoons pizza sauce  
 ½ tablespoon Italian seasoning  
 15 slices turkey pepperoni  
 2 cups baby spinach or any other veggies you like  
 ¼ cup low moisture, part-skim, shredded mozzarella cheese

## INSTRUCTIONS

Spread pizza sauce on wrap.  
 Top sauce with Italian seasoning, pepperoni slices, and spinach. Sprinkle with cheese.  
 Roll wrap tightly. You can eat this cold or pop it in the microwave for one and a half minutes, until the cheese melts.

## NUTRITIONAL INFO (PER 1 WRAP):

Calories	Carbs	Fat	Protein	Fiber	Sugar
255	25g	11g	26g	9g	3g



## QUINOA SALAD TO GO

SERVES 6

### INGREDIENTS

- ¼ cup olive oil
- 1 clove minced garlic
- 2 tablespoons lemon juice or 1 large lemon, juiced
- 1 tablespoon white balsamic vinegar or apple cider vinegar
- 1 teaspoon pure maple syrup or raw honey
- Kosher salt and black pepper to taste
- 2 cups cooked quinoa
- 4 cups shelled edamame
- 2 cups fresh spinach leaves chopped
- 1 cup chopped cucumber
- 1 cup grape or cherry tomatoes, sliced into halves
- 1 large avocado pitted, peeled, and coarsely chopped
- 2 green onions, sliced
- Sea salt and black pepper to taste

### INSTRUCTIONS

In a small bowl or jar, whisk together olive oil, garlic, lemon juice, vinegar, maple syrup or honey, salt and pepper. Set aside.

In a large bowl, combine quinoa, edamame, spinach, cucumber, tomatoes, avocado, and green onions.

Drizzle salad with dressing and gently toss until salad is coated with the dressing. Season with salt and pepper to taste. Pre-portion out into mason jars or containers for lunches.

### NUTRITIONAL INFO (PER 1 SERVING):

Calories	Fat	Carbs	Sodium
405	15g	25g	19mg



## MIX AND MATCH BENTO BOXES



IF YOU'RE LOOKING FOR A FUN AND EASY WAY TO PREP LUNCHES, TRY BENTO BOXES. YOU CAN MIX AND MATCH ANY INGREDIENTS YOU OR YOUR KIDS LIKE. THE POSSIBILITIES ARE ENDLESS. HERE ARE SOME BALANCED LUNCH IDEAS:

### BOX IDEA #1

Hummus  
Pita bread  
Grape tomatoes  
Cucumbers  
Sliced oranges

### BOX IDEA #2

Deli meat and cheese  
rollups  
Red pepper slices  
Apples  
Snow peas

### BOX IDEA #3

Hard boiled eggs  
Baby carrots and  
almond butter  
Whole grain pretzels  
Sliced strawberries