

SCHOOL LUNCH REFRESH



About

The School Lunch Refresh will show participants how to make 3 healthy recipes that can be used as portable lunch options.

School Lunch Formula

1. Main Dish
 2. Fruit
 3. Vegetable
 4. Protein
 5. Snack
- ** Mix and match items in the formula for a lunch

Ramen Noodle Salad

Ingredients

- 4 cups shredded green cabbage
- 2 cups shredded red cabbage
- 1 cup shredded carrots
- 2 packages ramen noodles (noodles broken into chunks, reserve seasoning)
- 1/2 cup sliced green onion
- 1/2 cup toasted slivered almonds
- 1/2 cup vegetable oil
- 1/3 cup rice vinegar
- 2 Tbsp sugar

Instructions

1. Place the cabbage, carrots, ramen noodles, green onions and almonds in a large bowl.
2. In a small bowl, whisk together the vegetable oil, rice vinegar, sugar and ramen noodle seasoning packets.
3. Pour the dressing over the cabbage mixture and toss to coat evenly.
4. Serve immediately, or cover and store in the fridge for up to 8 hours before serving.

dinneratthetoo.com

Pinwheels

Ingredients

- | | |
|----------------------------|---------------------|
| 8 oz low-fat cream cheese | 2 Tbsp mayonnaise |
| 1 Tbsp horseradish sauce | 6-8 flour tortillas |
| 12-16 slices ham or turkey | Spinach leaves |

Instructions

In a medium bowl mix together cream cheese, mayonnaise, and horseradish sauce. Spread about 2 Tbsp of mixture on each tortilla. Top with 2-3 slices of ham and desired amount of spinach. Roll tightly. Slice roll into 1" pieces.

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Berry Fruit Salad

Ingredients

- 1 cup fresh blueberries
- 1 banana, sliced
- 1 small apple, cored and diced
- 1 cup grapes
- 8 oz low-fat vanilla yogurt

Instructions

Combine all ingredients in a medium bowl. Stir gently until fruit is evenly covered. Serve immediately.

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Best Lunch Tips

- Wraps and Salads are a great way to get out of the sandwich routine
- Packing hot food, like leftovers, can be a great change of pace
- Remember to set aside time to actually eat your lunch!
- Make sure that lunches have a variety of food groups
- Use seasonal produce in lunches

