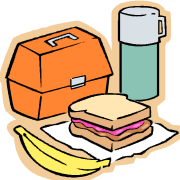


January 2008

	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast Quick Tips	7 Make a batch of healthy breakfast bars and use them for a quick, on-the-go breakfast. Use a low-sugar recipe and include lots of healthy dried fruits	8 Scramble eggs & place them in a tortilla add chopped tomatoes, grated cheese, ham or other favorite toppings... roll up and enjoy a yummy breakfast burrito	9 Cut an English muffin in half, top with pizza sauce, grated cheese, chopped ham or even eggs. Place under the grill for a few minutes and you have a nutritious breakfast pizza	10 Making your own oatmeal is much healthier than the flavored instant packets. Cook up according to packet instructions and add a little fruit for extra flavor	11 Try a breakfast "pizza" using leftover or frozen pancakes or waffles topped with yogurt, fresh fruit and drizzled with maple syrup	
Snack Ideas	14 Cracker sandwiches – whole-grain crackers filled with cream cheese or peanut butter & jelly	15 Cut apples into quarters and remove core. Spread peanut butter on one side, cover with raisins or nuts	16 Cut hard-boiled eggs lengthwise in half. Place yolks in a bowl & mash until crumbled. Add chicken, mayo, mustard & parsley	17 Cut wraps into small triangles. Place pieces on baking tray and lightly brush with a little butter. Bake 10 to 15 minutes or until tortilla chips are crispy and golden. Serve with salsa for dipping	18 Slice fruit and add to individual serving size yogurt. Try banana in strawberry, oranges in vanilla	
Lunch Samples	21 Pack string cheese and ham sticks with a honey mustard sauce for dipping	22 Lunch meats wrapped around pickles, carrots, celery	23 Pasta now comes in all sorts of fun shapes...Make pasta salads using these silly shapes, the kids will especially love them	24 Thermos Thursday – anything from hot soup to chili	25 Use different breads – try raisin bread with flavored light cream cheese spread	
Tips	28 Have your child(ren) help you plan the weeks breakfast ideas	29 Bacteria can grow anywhere, so be sure to clean your box or bag out regularly. Safety first	30 Trying new foods is important, but a school lunch is not the time to taste test. Try new things at home first and keep of list of favorites	31 Teach your child about nutritional labels. It will help reading skills & make for a smarter consumer if you make a game out of finding out how many names there are for 'sugar' in a label		