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
From the Kitchen of Executive Chef Jessica VanRoo

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.

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