

## WHAT'S FOR LUNCH?

### SUPER-DUPER PEANUT BUTTER SANDWICH

This is not your mother's peanut butter sandwich! Dates, orange juice, and apples not only add a tasty zing but add some nutritional value as well.

#### INGREDIENTS

- 1/2 cup peanut butter
- 1/4 cup orange juice
- 1/2 cup finely chopped apples
- 1/2 cup finely chopped dates, optional
- 1/2 cup chopped walnuts, optional
- bread

#### DIRECTIONS

- In a bowl, combine the peanut butter and orange juice until blended. Add the apples and dates or walnuts if desired.

START THE SCHOOL YEAR RIGHT WITH THESE EASY AND NUTRITIOUS BACK-TO-SCHOOL LUNCH BOX TREATS. YOUR KIDS WILL LOVE THEM AND YOU'LL GET AN "A" FOR PACKING THE BEST LUNCH IN THE CLASS!

### TASTY TRAIL MIX

#### INGREDIENTS

- 1 package (18 ounces) granola
- 1 can (17 ounces) mixed nuts
- 1 package (15 ounces) raisins
- 1 package (14 ounces) milk chocolate M&M's (optional)
- 1 package (14 ounces) peanut M&M's (optional)
- 1 package (12-1/4 ounces) Honey-Nut Cheerios
- 1 package (8.9 ounces) Cheerios

#### DIRECTIONS

- In a large bowl, combine all ingredients. Pack in snack-size plastic bags for an excellent side to the peanut butter sandwich!



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