



## Lunch

Packing a lunch doesn't have to be boring, showcasing the same ole sammie every day. The Meijer Healthy Living Team has some great ideas to make school lunches healthy, safe and fun.

### **Make it Healthy: Bistro Beef Wrap**

Serve with Meijer applesauce cups and aseptic-pack milk boxes

#### **Ingredients:**

- 1 Meijer whole wheat (whole grain) burrito shell
- ¼ ripe avocado (or 1 pouch Wholly Guacamole 100 calorie pack)
- 2 ounces (2 slices) Meijer Deli Certified Angus Beef
- 1 lettuce leaf

#### **Directions:**

Spread avocado (guacamole) over burrito shell. To one side of the burrito, add slices of roast beef and top with lettuce. Tightly roll, starting at meat side, cut in half and secure with a toothpicks or wrap in plastic wrap.

### **Make it Safe:**

It's always important to keep food stored at appropriate temperatures, especially ones packed in lunch bags that sit for hours on end while children are learning in the classroom. Meijer has all the lunchtime essentials like insulated lunch bags, ice packs and thermoses to keep lunches safe.

And for your child with special diet needs, Meijer offers a wide variety of healthy Gluten Free and other allergen-free options. Please visit the [Meijer Healthy Living Team online](#) for more healthful resources on special dietary needs.

### **Make it Fun:**

Unveiling what's for lunch is often a big to-do around the lunch table. The Meijer Healthy Living Team will help you make your child's lunch the envy of the lunchroom by simply making it fun with stickers, colored napkins, personal notes to your child, sandwiches cut out in fun shapes using cookie cutters, and pre-shaped breads like Pepperidge Farms goldfish shaped bread.