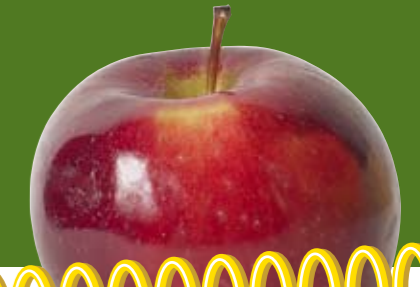


# Thinking Outside the Lunchbox: Back to School Meals

*with a little help from Marlene's*



## BACK TO SCHOOL

Three words that strike a variety of emotions in both children and parents. While some parents rejoice about sending their young back to the teachers, others feel the stress mount as they anticipate making regular school breakfasts, lunches, and snacks. Not to worry. Here are some great healthy snacks to tuck into their lunches (and maybe into an adult lunch, too) and visit Marlene's deli to pick up the rest.



### Banana Peanut Butter Tortilla Melt

- 2 small whole wheat or spelt tortillas
- 2 Tbs peanut butter
- 1 organic banana
- Spectrum non-stick pan spray

Spread one tortilla with the 2 tablespoons of peanut butter, and slice bananas into 1/4 inch rounds and arrange on top of peanut butter. Place other tortilla on top. Pre-heat frying pan (non-stick is best) over medium heat. Spray lightly with non-stick spray and place tortilla carefully in pan. Heat for approximately two minutes, carefully flip, and cook for another two minutes. Remove from heat and cut into wedges. Serve with a glass of chilled milk.



### Cinnamon Sugar Pita Chips

- 3 whole wheat pitas
- 4 Tbs melted butter or oil
- 3 Tbs organic cane sugar
- 1 Tbs cinnamon

Open each pita and cut all around the edge so you have two separate thin pita circles. Brush pita circles with melted butter or oil. Combine sugar and cinnamon and sprinkle evenly over pita. Cut pitas into wedges and place onto non-stick baking pan or pan lined with parchment paper, cinnamon-sugar side up. Bake for approx 8-10 minutes until golden brown. Pita chips will crisp as they cool. Store in airtight container.

### Trail Mix

Trail mix is basically any combination of your favorite dried fruits, nuts, pretzels, cereals, and often, chocolate of some kind. Keep trail mix in an airtight container or portion into re-usable bags for a snack on the go. Be wary if packing some chocolate chips in your trail mix if it will be kept in a warm area. If that's an issue and you simply must have your chocolate fix, opt for a natural candy-coated chocolate like Sunspire chocolate drops. Here is what I make at home, but use your imagination and create your own. Remember, we now have raw, sprouted trail mixes in the bulk section at both Marlene's locations.

2 cups Barbara's Bakery Peanut Butter Puffins

1 cup Sunspire plain

chocolate drops

1 cup dried bing cherries

1 cup raisins

1 cup dry roasted almonds

1 cup Newman's Own Honey Wheat

Mini Pretzels



This mix will usually last a few weeks or if there is a good movie on, then 2 hours.

### Grocery List



#### Bulk

- Sunspire chocolate drops
- dried cherries
- raisins
- roasted almonds
- peanut butter

#### Refrigerated/Frozen

- whole wheat or spelt tortilla
- butter

#### Deli

- veggie trays
- brown rice crispies

#### Grocery

- organic cane sugar
- cinnamon
- whole wheat pitas
- Spectrum non-stick pan spray
- Newman's Own Honey Wheat
- Mini Pretzels
- Barbara's Bakery Peanut Butter Puffins

#### Produce

- bananas