

Back to School



September Recipe and Nutrition Box

Mini Frittatas

Ingredients

- 6 large eggs
- 1/3 cup milk
- 3 slices of chopped low sodium deli meat (ie. ham)
- a handful of chopped baby spinach
- 1/4 cup frozen corn
- 1/3 cup shredded cheese of your choice
- salt and pepper to taste



Directions:

Preheat oven to 350F. Grease muffin tin. In a large bowl, mix together eggs and milk. Add remaining ingredients and mix well. Spoon batter into muffin tin, about 3/4 full. Bake for 18 to 20 minutes. Let cool on rack. Remove from muffin tin and refrigerate. Microwave before eating. Can be frozen up to 1 month. Serve at your KES Breakfast Club or pack in the children's lunch box as a snack or for lunch!

Recipe adapted from: <http://ohsweetday.com/2013/09/mini-frittata.html>

Lunch Box Pinwheels

Ingredients

- Whole wheat tortillas or sandwich wraps
- Mayonnaise or cream cheese
- Low sodium, low fat sandwich meat of your choice
- Hard cheese of your choice
- Fresh spinach or leaf lettuce
- Additional vegetables of your choice



Directions:

Place the sandwich wrap or tortilla on a cutting board. Spread mayonnaise or softened cream cheese on the sandwich wrap or tortilla almost to the very end. Place the sandwich meat on top of it. Leave about half an inch space from the outside of the sandwich wrap or tortilla. Place the cheese on top of the meat. Thinly sliced cheese and cold cuts are easiest to use in a pinwheel sandwich. Place lettuce or fresh spinach in the center of wrap or tortilla, on top of the sliced cheese. Add any additional veggies. Very slowly, starting from the end nearest to you, roll the sandwich wrap or tortilla to the other side. Press down lightly as you are rolling. Carefully cut off each end of the pinwheel sandwich roll that is not completely full. Slice the pinwheel roll in one inch thickness. Serve and let the kids enjoy!

Recipe adapted from: <http://www.ourfamilyworld.com/2013/08/16/lunch-recipes-for-kids-back-to-school/>

Grab and Go Cranberry Granola Bars

Ingredients:

- Nonstick cooking spray
- 2 cups old fashioned oats
- ½ cup honey
- 2 tbsp. water
- 2 large egg whites
- 1 tsp ground cinnamon
- ½ tsp salt
- ¾ cup wheat germ
- ¾ cup dried cranberries



Directions:

Preheat oven to 325 degrees F. Spray 13- by 9-inch metal baking pan with nonstick cooking spray. Line pan with foil, leaving 2-inch overhang; spray foil. Spread 2 cups old-fashioned oats on plate; microwave on high, in 1-minute intervals, until golden, stir occasionally. Let cool. In large bowl, whisk honey, vegetable oil, water, egg whites, ground cinnamon, and 1/2 teaspoon salt until well blended. Fold in oats and toasted wheat germ, and dried cranberries; transfer to prepared pan. Using wet hands, press into even layer. Bake 28 to 30 minutes or until golden. Cool in pan on rack. Using foil, transfer to cutting board; cut into 16 bars. Serve at your KES Breakfast Club or pack in the kids lunch box for a healthy snack full of nutrition!

Recipe adapted from: http://www.delish.com/cooking/recipe-ideas/recipes/a36852/grab-go-cranberry-granola-bars-recipe-ghk1114/?click=recipe_sr

Nutrition Note – September 2016

Packing Lunch Boxes

Packing your child's lunch box can sometimes be a difficult task. First things first, buy the proper lunch box and supplies; insulated lunch box, portion containers, thermos and ice packs. Once you are well prepared for the school year the next step is to find foods and meals that your child will enjoy for snack time and lunch time. It's important to remember that snacks should include at least two out of the four food groups. For example, apple slices and hard cheese or hummus and pita bread. Lunch time should be well balanced and four out of four food groups should be offered to your child. An example of a balanced lunch for school aged children would be ham and cheese pinwheels on whole wheat wrap, sliced oranges and milk. Another option could be a warm meal such as chilli (in thermos), whole wheat roll, carrot sticks and milk. Balancing meals is very important for us all and it's important that you also keep this in mind for your child's school lunches!

*Note: Keep in mind that most schools do not offer microwaves to heat foods or refrigerators to store cold foods - this is why it's so important that you have the proper supplies such as thermos and ice packs to ensure foods are kept at the proper temperatures and are safe.