



## School Lunches that Make the Grade

<p><b>The Tried and True</b>          Jam/honey and nut butter on whole wheat bread          Fresh veggies such as baby carrots, cherry tomatoes or mini sweet peppers (already prepared!)          Greek, non-fat yogurt (must be Greek!)          Piece of fresh fruit          Whole grain tortilla chips</p>	<p><b>The Carnivore's Love</b>          3-4 slices Deli meat on whole wheat bread (Optional slice of cheese and mustard if desired)          Piece of fresh fruit          Regular, non-fat yogurt (doesn't have to be Greek here)          Fresh veggies          Whole grain crackers</p>
<p><b>The Vegetarian's Delight – Option A</b>          Hummus &amp; fresh veggies inside a whole wheat wrap          (Optional non-veggie addition: chicken breast)          Trail mix of lightly salted nuts and dried fruit          Piece of fresh fruit          Mozzarella cheese stick</p>	<p><b>The Vegetarian's Delight – Option B</b>          Brown rice or quinoa with beans, salsa, and cheese (rolled into a tortilla with lettuce and tomato if desired)          Tortilla chips          Orange or clementine</p>
<p><b>The Planner's Pride</b>          Mexican Quinoa Salad (recipe below) - can use brown rice instead of quinoa if desired          Whole grain tortilla          Piece of fresh fruit          Non-fat, plain Greek yogurt to use in place of sour cream          Honey packet to mix in with Greek yogurt after pull out portion for sour cream          Handful of lightly or unsalted nuts</p>	<p><b>The Last-Minute Frenzy – Option A</b>          250 Kcal granola bar with at least 10 grams of protein and no more than 2-3x as much grams of carbohydrate          No-sugar-added dried fruit          1 Packet of Justin's Nut Butter (not a chocolate variety)          Baby carrots</p>

See more great tips like this at: <http://rdkate.blogspot.com>

### **Mexican Quinoa Salad**

Creator: <http://www.elizasedibles.com/>

Prep time: 15 mins

Total time: 15 mins

This fresh and flavorful salad is perfect for lunch!

#### **Ingredients**

##### Salad:

- 1 c. quinoa, uncooked
- 1 can black beans, rinsed and drained
- 1 c. thawed frozen corn
- 1 red bell pepper, chopped
- ¼ c. red onion, chopped
- 2 cloves garlic, minced
- 1 jalapeno, seeds and gills removed, chopped
- ⅓ c. cilantro
- 1 avocado

##### Dressing:

- ¼ c. red wine vinegar
- ¼ c. olive oil
- ½ t. salt
- ¼ t. pepper
- pinch red pepper flakes
- ½ t. cumin
- 1 t. chili powder
- 1 t. oregano
- juice of one lime

#### **Instructions**

1. Rinse quinoa under cold water in a mesh strainer. Then cook quinoa according to package directions.
2. Prepare veggies and salad dressing, and mix everything together with the quinoa.
3. Top with sliced avocado
4. Serve warm, at room temperature, or cold.