

# MISSION BISTRO

*"food is our passion, service is our strength"*

It's Back To School...



And It's Lunch Time!



## Creative and Fun Lunches

As all mothers know, a well balanced meal is very important for their growing children. In this months newsletter I've gathered some really great recipes and ideas for your little ones lunch box.

These recipes are healthy, *affordable*, easy, and fun to eat (even for your picky eaters)! All of your children's peers will be jealous of what their packin', they won't think twice if someone asks to trade.

Most of these lunches can be prepared the night before, and most are so simple even your kids can make and pack their own lunch. Ans you know what that means, more time for YOU time.

I hope these recipes and guidelines help you and your kids make lunch fun and easy, for both you (mostly yourself.)



## Alternative Snacks

*Instead of the usual stuff you pack try these new snacks...*

### Replace a bag of Chips with:

Pretzels  
Light Popcorn Tossed in  
Cinnamon and Sugar  
Thin Wickets  
Baked Tortilla Chips with Salsa

### Instead of a Fruit Cup:

A Piece of Fresh Fruit  
Dried Fruit  
Fruit Purees (Applesauce ect.)

### Instead of Gummy Snacks:

Granola Bars that contain dried  
fruit and nuts  
Edamame (Soy Beans)  
Homemade Trail Mixes

### Also Try:

Hummus with Fresh Vegetable  
Apples and Peanut Butter  
All Fruit Smoothie  
Frozen Grapes (Fun to Eat)  
Rice Cakes

# Lunch Box Lunches

## Tuna or Chicken Salad Pinwheel Wraps

1 6-ounce can of water packed tuna or chicken, drained  
1 hard boiled egg, chopped  
2 stalks celery, sliced  
1 granny smith apple (skin on) chopped into small pieces  
1/3 cup goat cheese crumbles  
1/4 cup walnuts or nut of choice, chopped  
2-3 tablespoons olive oil  
Pinch of salt and pepper - to taste  
2 wheat or spinach tortillas  
Handful of spinach or lettuce

In a small bowl, add tuna or chicken and mash with fork, add all ingredients and mix well.

Toast each tortilla over a burner on your stove, let cool.

Lay the tortillas on a cutting board and add mix into the middle of the tortilla and sprinkle with spinach or lettuce.

Fold 2 sides of the tortilla in at the edges and roll it up tightly. Cut into 2 inch thick slices, making pinwheels.

## PB&J Extreme!

### *Ingredients*

2 tablespoons chunky peanut butter  
2 slices of whole wheat bread, toasted  
1/2 of a banana, thinly sliced  
Drizzle of honey  
Sprinkle of Cinnamon  
2 slices of baked turkey bacon, crumbled

### *Instructions*

Spread peanut butter onto each slice of toast arrange bananas onto one side of bread drizzle with honey, and sprinkle on the cinnamon. Top with the crumbled turkey bacon and second slice of toast. Press down a tad to make sure everything is firmly in place. Cut corner to corner to make four triangles.

## Buffalo Ranch Club Sandwich *(this can be enjoyed hot or cold)*

### *Ingredients*

1 to 2 tablespoons prepared ranch  
A couple shakes of hot sauce (recommend Cholula)  
2 slices honey ham  
2 slices smoked turkey  
1 slice tomato  
1 slices whole wheat bread, deli roll or french roll

### *Instructions*

In a small bowl mix ranch and hot sauce.

Put the ham and turkey and slice of tomato on a plate and microwave for 30 seconds on high. Slip the stack over and microwave for another 15 seconds. Slide the meat stack onto the bread and spoon ranch and hot sauce mixture over the top. Top it off with the second slice of bread, cut in half and enjoy!

## Lunch Box Fondue

*Don't forget the toothpicks!*

### *Ingredients*

1/2 cup turkey breast, cut into bit size pieces  
1/2 cup boiled ham, cut into bit size pieces  
1/2 cup Cheddar, Provolone, American, or Monterey Jack cheese, cut into bit size pieces  
3 tablespoons jarred salsa  
3 tablespoons ranch dressing, homemade  
1 slice angel food cake, cut into bit size pieces  
1/2 pint strawberries hulled and cut into half, lengthwise

### *Instructions*

Pack all the different savory components in separate bags or containers. Mix the salsa and ranch in a small plastic container for dipping. Place the cake in another plastic container. Puree the strawberries with a splash of water or juice in a blender and pour into a small container for dipping.

MmmMmm Dip-alicious!

## Meatball and Orzo Soup

### *Ingredients*

1 tablespoon extra virgin olive oil  
1/2 a small onion chopped  
1 carrot peeled, grated and fine chopped  
4 cups of chicken stock  
1/2 pound ground chicken or turkey breast  
3 tablespoons parmesan cheese  
3 tablespoons bread crumbs  
1 egg  
1 garlic clove, grated  
2 tablespoon chopped flat parsley  
Salt and Pepper to taste  
1/2 cup orzo

### *Instructions*

In a medium sized pot, heat the olive oil, add the onions and carrot and saute for 5 minutes, then add chicken stock. Bring to a boil. In a medium bowl, mix the meat with the cheese, bread crumbs, egg, garlic, parsley, salt and pepper. If the mixture is too wet, add more bread crumbs. When the broth is boiling, roll the mixture into 1 inch balls and drop them into the soup. Stir in the orzo and cook for 5 minutes. The pasta will not be done but it will continue to cook as the soup sits. Ladle the soup into a thermos. Pack with fresh croutons.

## Apple Jack Quesadilla

### *Ingredients*

1 teaspoons olive oil  
2 tablespoons pepper jelly  
1 whole wheat tortilla  
1/2 cup shredded Monterey Jack cheese, shredded  
1/4 Macintosh apple, quartered and thinly sliced

### *Instructions*

Preheat a skillet with olive oil, spread 1 the pepper jelly on the tortilla and place it in the skillet jelly side up. Cover half of the tortilla in cheese and the apple slices. Fold the naked half of the tortilla over and flip over to toast the other side until brown and crispy and the cheese is melted. Cut into four triangles and serve!