

Today's LUNCHBOX

Le Menu

Today's Specials for May 15, 2008

Starter:

Fun Fact! - APPLES

Did you know that apples are a great source of the fiber pectin.
One apple has five grams of fiber. Apples are also a member of the rose family!
Maybe that means you can buy a dozen apples instead of a dozen roses!

Entree:

On the plate - "Make a Broccoli Forest"

Here's a 'fun to munch' tip! Next dinner time, pair bites of broccoli with mashed sweet potatoes! Stick the broccoli 'trees' in the potatoes and build a broccoli tree forest! Clear the forest by munching the yummy trees one by one. Don't forget to shout "TIMBER!"

Dessert:

Photo of the day

Pomegranate



A note from the kitchen:

Calling all kids.....send in your favorite food recipes for other healthy kids!

Share your creativity with other Lunchbox fans!

Email your recipe and story to fans@lunchboxbunch.com

