

## SCHOOL LUNCH RECIPE GUIDE

Tired of the same old sandwiches? Shake up your school lunch routine with fun, nutritious alternatives! Here are some easy recipes that make lunchtime more exciting—and just as convenient.

### Mini Corn Dog Muffins

½ cup butter, melted

½ cup sugar

2 eggs

1 cup buttermilk

½ tsp baking soda

1 cup cornmeal

1 cup all purpose flour

½ tsp salt

8-10 all beef hot dogs, cut into 1 inch bites

Preheat the oven to 375°F. Whisk together butter and sugar.

Add eggs and stir well.

Add buttermilk and continue to whisk together.

In a separate bowl, combine baking soda, cornmeal, flour, and salt, and stir to combine. Whisk wet ingredients in two batches.

Spray your mini muffin tin with cooking oil, spoon about 1 tablespoon of batter into each mini muffin cup and place one hotdog bite into the middle of each muffin cup.

Bake for 8-12 minutes or until the cornbread is golden brown.

Cool in mini muffin tin for 5 minutes before removing.



## DIY Uncrustable PB&J Freezer Sandwiches

½ cup peanut butter

½ cup strawberry jelly (or your preferred flavor)

16 slices of bread

Sandwich cutter

Spread jelly in a circle on one slice of bread.

Spread creamy peanut butter in a circle on another slice of bread.

Put the sandwich together and then use a sandwich cutter to slice out the center of the bread and press the edges.

Immediately place in a sealed baggie.

Repeat until all the bread is used up.

Lay the sandwiches out flat on a tray and freeze before stacking them up or tossing them all in a big gallon sized bag in the freezer. This will keep them from getting smashed.



## Pizza Pinwheels

8 flour tortillas

½ cup pizza sauce

8 oz shredded mozzarella cheese

8 oz cream cheese

4-5 oz mini pepperoni

Parsley

In a small bowl, mix the cream cheese and pizza sauce together.

Spread a thin layer of the mixture over each tortilla.

Sprinkle cheese, then parsley on each tortilla.

Distribute mini pepperoni over the tortilla.

Gently roll each tortilla, trying to get it tightly rolled.

Cut each tortilla roll into pieces about 1-2 inches wide.



## Turkey or Chicken Balls

14 oz poultry breast (chicken or turkey)  
3 tbsp bread  
3 tbsp breadcrumbs  
4 tbsp milk  
1 onion  
1/2 bunch of coriander  
1 tbsp olive oil  
1 tbsp curry  
8 oz yogurt  
1 lemon  
1/2 bunch of dill



Preheat the oven to 400. Cut breast into small pieces. Place breadcrumbs in a bowl and pour the milk over it. Peel the onion and cut into pieces. Rinse the coriander and remove the large stalks.

Place the onion and the coriander in the food processor fitted with the metal blade. Pulse several times. Then add the chicken or turkey breast, soaked breadcrumbs, curry. Season with salt and pepper. Whiz in several pulses. Empty the ball out. Form into walnut size balls by rolling the mixture between your hands. Place them on oiled baking sheet. Place in the oven and cook for 15 minutes.

Meanwhile cut the dill, add the lemon juice and yogurt. Season with salt and pepper.

## Ham & Cheese Muffins

1 cup self rising flour  
½ tsp baking soda  
1 cup milk  
½ cup mayonnaise  
½ cup finely chopped ham  
½ cup shredded cheddar cheese



In a large bowl, combine flour and baking soda.

Combine remaining ingredients, stir into dry ingredients just until moistened.

Fill greased or paper lined muffin cups two thirds full.

Bake at 425°F for 16 to 18 minutes.

Sprinkle with additional shredded cheese while hot if desired.

## **Peanut Butter, Banana, and Granola Wrap**

- 1 (8- to 10-inch) whole-wheat tortilla
- 2 tablespoons smooth peanut butter
- 1 small banana, peeled and diced
- 2 tablespoons granola
- 1 teaspoon honey
- Olive oil



Spread the peanut butter evenly on the tortilla, leaving a 1-inch border. Sprinkle the diced banana and granola evenly over the peanut butter, then drizzle with the honey. Tightly roll up the tortilla like a burrito (see How To Wrap a Burrito).

Heat a small skillet over medium heat. Brush both sides of the wrap with a little olive oil. Place the wrap in the pan seam-side down and cook until golden-brown, 1 to 2 minutes. Carefully flip and cook until the second side is golden-brown, 1 to 2 minutes more. Remove from the pan, cut the wrap in half on an angle, and serve.

## **Egg Wraps with Ham and Greens**

- 8 large eggs
- 4 teaspoons water
- 2 teaspoons all-purpose flour or cornstarch
- 1/2 teaspoon fine salt
- 4 teaspoons vegetable or coconut oil
- 1 1/3 cups shredded Swiss cheese
- 4 ounces very thinly sliced ham
- 1 1/3 cups loosely packed watercress



Place the eggs, water, flour or cornstarch, and salt in a medium bowl and whisk until broken up and the flour or cornstarch is completely dissolved.

Heat 1 teaspoon of the oil in a 12-inch nonstick frying pan over medium heat until shimmering. Swirl the pan to coat the bottom with the oil. Add 1/2 cup of the egg mixture and swirl to coat the bottom of the pan in a thin layer. Cook until the wrap is completely set on the edges and on the bottom (the top can be a little wet, but should be mostly set), 3 to 6 minutes.

Using a flat spatula, loosen the edges of the wrap and slide it underneath the wrap, making sure it can slide easily around the pan. Flip the wrap with the spatula. Immediately sprinkle 1/3 cup of the cheese over the wrap and cook until the second side is set, about 1 minute. Slide it onto a work surface or cutting board (the cheese might not be fully melted yet). While still warm, place a single layer of ham over the egg. Place 1/3 cup of the watercress across the center of the wrap. Roll it up tightly.

Using a serrated knife, cut each wrap crosswise into 6 (1-inch) pieces.

## Apple Sandwiches

- 1 tablespoon rolled oats
- 1/8 teaspoon ground cinnamon
- 3 tablespoons unsweetened peanut butter
- 3/4 teaspoon honey
- 1 tablespoon raisins
- 1 medium apple



Combine the oats and cinnamon in a dry skillet over medium heat and toast, stirring occasionally, until the oats are golden. Cool before using.

Mix together the peanut butter and honey.

Core and slice the apple into 6 rounds. (If you don't have an apple corer, you can slice the apple first and then cut out the centers with a small cookie cutter or knife.)

Spread 1 tablespoon of peanut butter on 3 of the apple slices and sprinkle with raisins and oats. Top with the remaining apple slices to form sandwiches.

## Parmesan Ranch Nuggets

- 2 tablespoons Hidden Valley Ranch seasoning mix
- ½ cup grated parmesan cheese
- ½ cup panko breadcrumbs, toasted
- 1 lb. boneless chicken breasts, cut into bite-size pieces
- ¼ cup flour
- 1 egg



Preheat oven 375°F. Combine seasoning mix with cheese and breadcrumbs in shallow dish.

Roll each piece of chicken in flour then in egg, and then in cheese mixture. Place on greased baking sheet.

Bake until internal temperature of chicken reaches 165°F

## Kid-Friendly Pasta Salad

2 cups cooked pasta (mini bowties, rotini, or shells work great)

1/2 cup chopped cucumber

1/2 cup cherry tomatoes, halved

1/4 cup shredded carrots

1/4 cup cubed cheese (cheddar, mozzarella, or string cheese pieces)

1/4 cup cooked, diced chicken or turkey (optional)

2-3 tbsp Italian dressing or ranch (kid-preferred)

Optional Add-ins:

Sliced black olives

Peas or corn

Mini pepperoni

Edamame

Cook and cool the pasta.

Toss all ingredients in a large bowl with the dressing.

Chill for 15-30 minutes before packing.

Divide into lunch containers and pair with a fruit and a treat!

