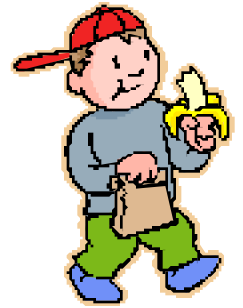




Try some of these great menu ideas!

[www.laptoplunches.com](http://www.laptoplunches.com)



<p><b>#1 Double Salad Wrap</b></p> <ul style="list-style-type: none"> <li>• Roll-up sandwich</li> <li>• Pasta salad</li> <li>• Fruit salad</li> </ul>	<p><b>#2 See and Cee</b></p> <ul style="list-style-type: none"> <li>• Tuna sandwich</li> <li>• A cucumber chain</li> <li>• Sliced melon</li> </ul>
<p><b>#3 Mexican Mango Madness</b></p> <ul style="list-style-type: none"> <li>• Bean and cheese burrito</li> <li>• Sliced mango</li> <li>• Green salad with dressing on the side</li> </ul>	<p><b>#4 Hearty-Breaky</b></p> <ul style="list-style-type: none"> <li>• Whole-wheat fruit pancakes</li> <li>• A hard-boiled or poached egg</li> <li>• 100% maple syrup</li> <li>• Steamed yams</li> </ul>
<p><b>#5 Pocket Power</b></p> <ul style="list-style-type: none"> <li>• Almond butter and honey pocket sandwich</li> <li>• Steamed carrots &amp; asparagus</li> <li>• Sliced apples</li> </ul>	<p><b>#6 Bagel Deluxe</b></p> <ul style="list-style-type: none"> <li>• Half bagel with lowfat cream cheese, smoked salmon, and a face made of raisin eyes, cashew nose, and an apple smile</li> <li>• Pan-fried potatoes &amp; herbs</li> <li>• Applesauce</li> </ul>

For additional menu ideas, see the *Laptop Lunch User's Guide: Fresh Ideas for Making Wholesome, Earth-friendly Lunches Your Kids Will Love*, pages 56-59. Available at [www.laptoplunches.com/products.html](http://www.laptoplunches.com/products.html).

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