

LUNCH Bites

Make these quick recipes for a home or school lunch! Be sure to get an adult's help.

Mix 1/4 cup old-fashioned oats with 1/4 cup plain yogurt and 1/4 cup milk. Add cinnamon, a bit of sugar, and fresh or dried fruit. Refrigerate overnight.

Thread slices of sausage and cheese with cherry tomatoes on a skewer. Lunch on a stick is always more fun!

Make a grilled cheese sandwich with bread, cheese, apple slices, and a slice of ham.

Mix leftover noodles with peanut butter, soy sauce, garlic powder, and a dash of hot sauce. Top with green onions and chopped peanuts.

Melt a tiny slice of butter in a pan and heat canned pineapple slices until slightly browned. Sprinkle with cinnamon.

Top cream cheese with grape jelly and use as a dip for pretzels. Or spread peanut butter and jelly on graham crackers.