

Ideas for packing school lunches full of brain food

By Johnathan Wright, Reno Gazette-Journal

Pity the poor peanut butter and jelly. Today's school lunch boxes, primed by food culture, offer an opportunity to pack far more than the classic default sandwich.

Ban the bread (sliced, that is) for a day in favor of sliders built with:

Chicken and Alfredo-tossed broccoli;

Soft soft lavash lined with ham and vegetable cream cheese rolled up to make pinwheel; or

Naan spread with hummus, then folded over cucumber and honey.

Another lunch box strategy: presenting foods children already like in unexpected ways.

A cold ham and cheese casserole uses up leftover pork; if you like, substitute leftover chicken or hamburger. Tortellini vegetable skewers are like pasta salad on an (edible) stick.

Read the whole story