FAST, FUN RECIPES & ACTIVITIES FOR THE STRANGEST SCHOOL YEAR EVER

The only thing that’s sure this school year is that it’s going to be different. So let’s make different better with easy, wholesome lunch recipes that any one can make. (We’re looking at you kids!)

Whether you’re in the classroom or at the kitchen table this back-to-school season, lunch and learn about good food with Applegate.
MINI ITALIAN SUB

MAKES 1 MINI SUB
TOTAL TIME: LESS THAN 15 MINS

INGREDIENTS
• 2 tablespoons mayonnaise
• 1 pinch of dried oregano
• 1 small bread roll, halved
• 1 slice APPLEGATE NATURALS® Slow Cooked Ham, folded in half
• 2 slices APPLEGATE NATURALS® Genoa Salami
• 1 slice APPLEGATE ORGANICS® Provolone Cheese
• 2 slices tomato
• 1 romaine lettuce leaf, finely shredded
• 3 slices red onion (optional)

DIRECTIONS
1. MIX mayonnaise and oregano in small bowl.
2. SPREAD mayo mixture on the insides (top and bottom) of the roll.
3. PLACE (1) slice of ham, (2) slices of salami and (1) slice of provolone on the bottom half of roll.
4. TOP with (2) slices of tomato, lettuce and (2) slices of red onion (optional).
5. ADD the top part of the roll.
**Lunch Kebabs**

*Makes 3 kebabs | Total time: less than 15 mins*

**INGREDIENTS**
- 1 slice APPLEGATE NATURALS® Slow Cooked Ham, rolled up and sliced into 3 pieces
- 1 slice APPLEGATE NATURALS® Oven Roasted Turkey Breast, rolled up and sliced into 3 pieces
- 3 cubes of cheese
- 3 grapes (or another fruit cut into bite-sized pieces)
- 3 slices of cucumbers (or another vegetable cut into bite-sized pieces)
- 3 cherry tomatoes

**DIRECTIONS**

1. THREAD and alternate (1) piece of each: meat, cheese, fruit, and veggie-onto a small bamboo skewer.
2. REPEAT step 1 until you have (3) three skewers.
3. Optional: Have an adult snip off the sharp end of the skewers with scissors.
INGREDIENTS

- 2 slices multigrain bread
- 1 tablespoon hummus
- 4 slices APPLEGATE NATURALS® Oven Roasted Turkey Breast
- 4 slices yellow bell pepper
- 2 tablespoons of shredded carrot
- 3 slices tomato
- ½ ripe avocado, pitted, peeled, and mashed with a fork

DIRECTIONS

1. SPREAD hummus on one piece of bread.
2. TOP with (4) slices of turkey, (4) slices of yellow peppers, shredded carrots, and (3) slices of tomatoes.
3. MASH avocado on the remaining piece of bread with a fork.
4. CLOSE the sandwich by placing bread with avocado on top of the other layered ingredients.
Design your own Bento Box

- Orange slices
- Mini pretzels
- Grapes
- Cucumber
- Berries
- Meatballs
- Apple
- Ham & Turkey
- Carrot sticks
MEAT YOUR MATCH
WORD SCRAMBLE

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ANSWER KEY

WORD SCRAMBLE

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