

MONDAY



T.B.L.T.

- 1 tbsp. light ranch dressing
- 2 slices whole wheat toast
- 2 slices cooked turkey bacon
- 2 thin slices breast
- 2 thin slices tomato
- 2 leaves romaine lettuce

A fun twist on a classic sammie. Spread dressing on 1 slice of toast. Add turkey bacon, turkey, tomato, and lettuce. Top with second slice of toast, cut it in half, and pack it in a zipper baggie!

lunches you'll love!

Already over the blah food in the caf? Then pack these yummy lunches—they have the perfect combo of protein and fiber to keep you energized all day!

TUESDAY

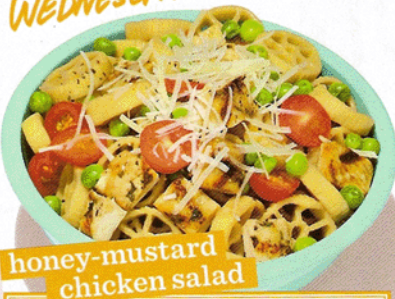
red, black & yellow burrito

- 1/2 cup canned black beans
- 1/4 cup canned corn, drained
- 2 tbsp. canned diced tomatoes
- 1/4 cup cooked brown rice
- 2 tbsp. pepper Jack cheese
- 1 ten-inch whole wheat tortilla

So easy! Put beans in a strainer and rinse. In a large bowl, toss the beans with corn and tomatoes. Stir in rice and cheese. Put the whole mixture in the tortilla and roll it up, then wrap burrito in foil. Yum!



WEDNESDAY



honey-mustard chicken salad

- 3/4 cup cooked pasta
- 1/2 cup frozen baby peas
- 2 cup grape or cherry tomatoes, halved
- 1/2 cup precooked grilled chicken strips
- 1/4 cup Parmesan cheese
- 2 tbsp. light honey-mustard dressing

Your favorite flavors in one bowl! While pasta is cooking, put peas and tomatoes in a strainer; rinse under hot water for a sec. When pasta is cooked, drain and place in a container with a lid. Toss in peas, tomatoes, and chicken. Add cheese and dressing, then toss to coat. Cover and slip it in your bag!

THURSDAY

meatball pizza

- 1/4 cup marinara sauce
- 1 whole wheat pita
- 1/4 cup shredded or cubed skim mozzarella cheese
- 2 cooked turkey meatballs, thinly sliced
- 1 tsp. sliced fresh basil

So much better than doughy school pizza! Spread sauce evenly over pita. Top with cheese and meatball slices. Bake in oven at 350°F until cheese is melted. Top with basil, cool in fridge overnight, then cut into four slices and wrap in foil.



FRIDAY

spicy ham & cheese rolls

- 1 spinach or whole wheat wrap
- 1 tbsp. spicy mustard
- 2 slices reduced-fat cheddar cheese
- 3 slices low-sodium ham
- 1/4 cup shredded lettuce
- 1/4 cup shredded cucumber
- 1/4 cup shredded carrots
- 2 tbsp. diced tomatoes

Buh-bye, boring lunch! Spread wrap with mustard, then top with cheese and ham. Add veggies and tomatoes to just half of wrap; roll up starting on that side (so they end up in the middle!). Cut into six rolls. Pack in a Tupperware container.



MEET OUR CHEF!

Kelsey Nixon is the cohost of *Kelsey & Spike Cook on* [17](#).

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