



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!)*

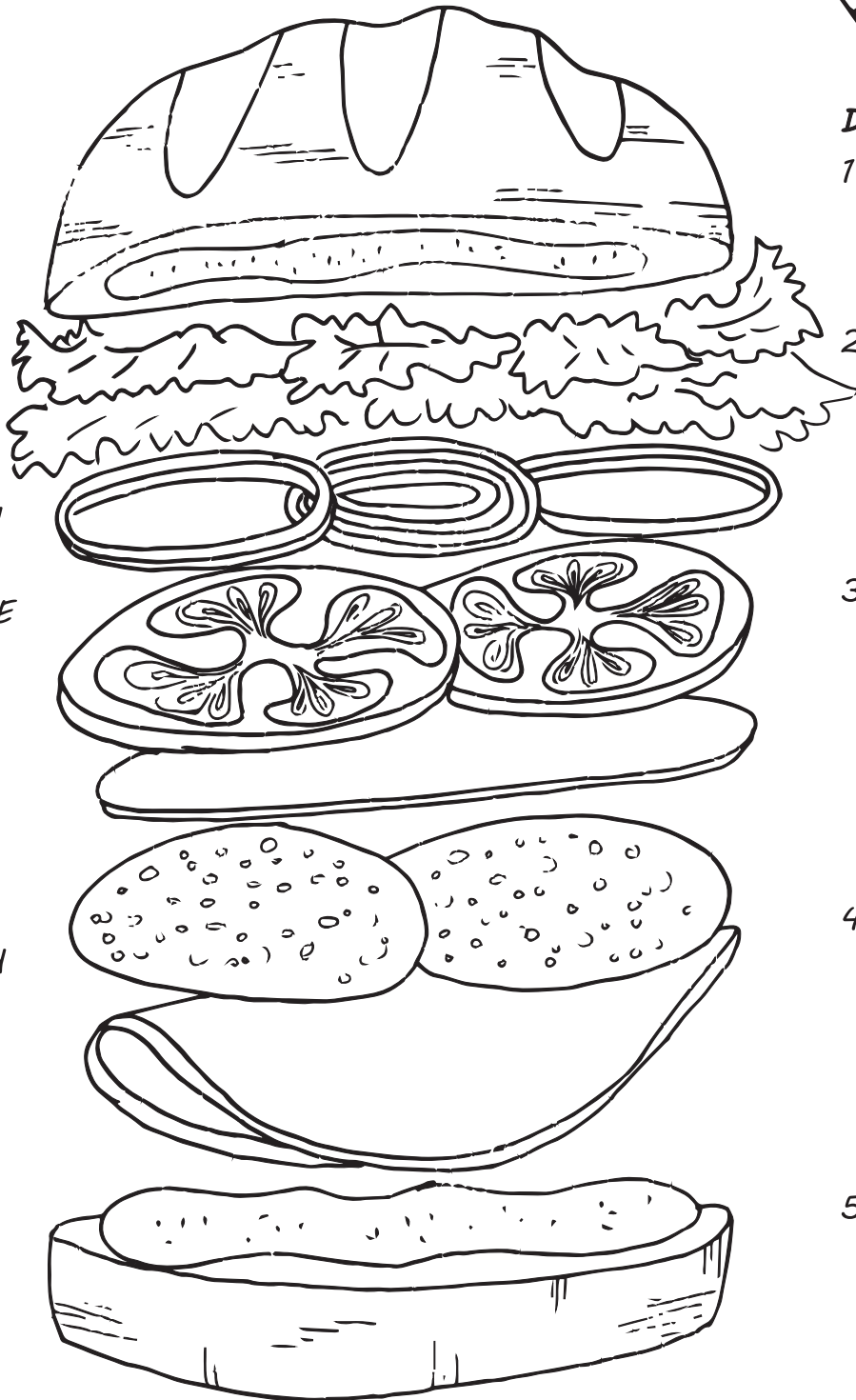
*Whether you're in the classroom or at the kitchen table this back-to-school
season, lunch and learn about good food with Applegate.*

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)



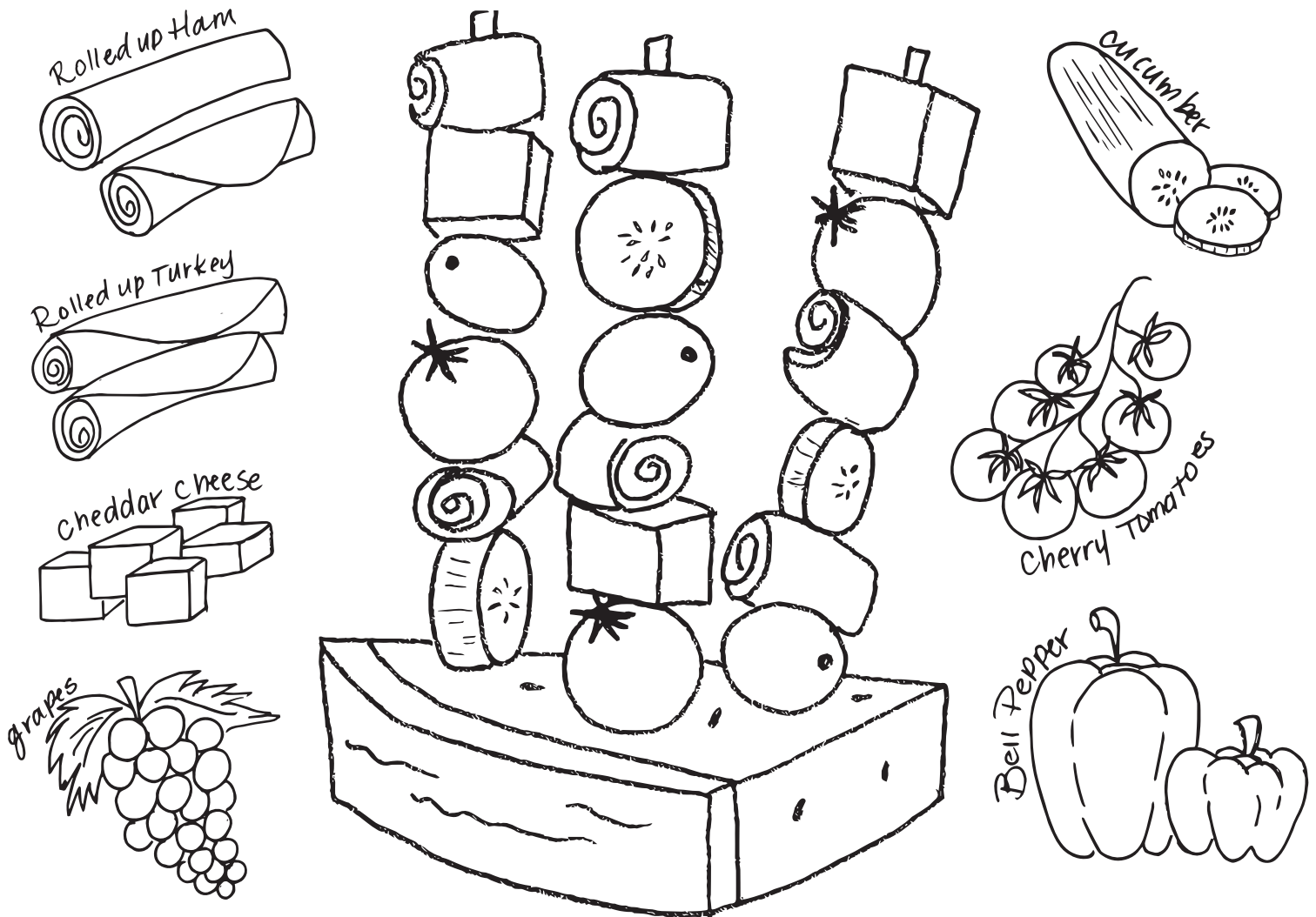
DIRECTIONS

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

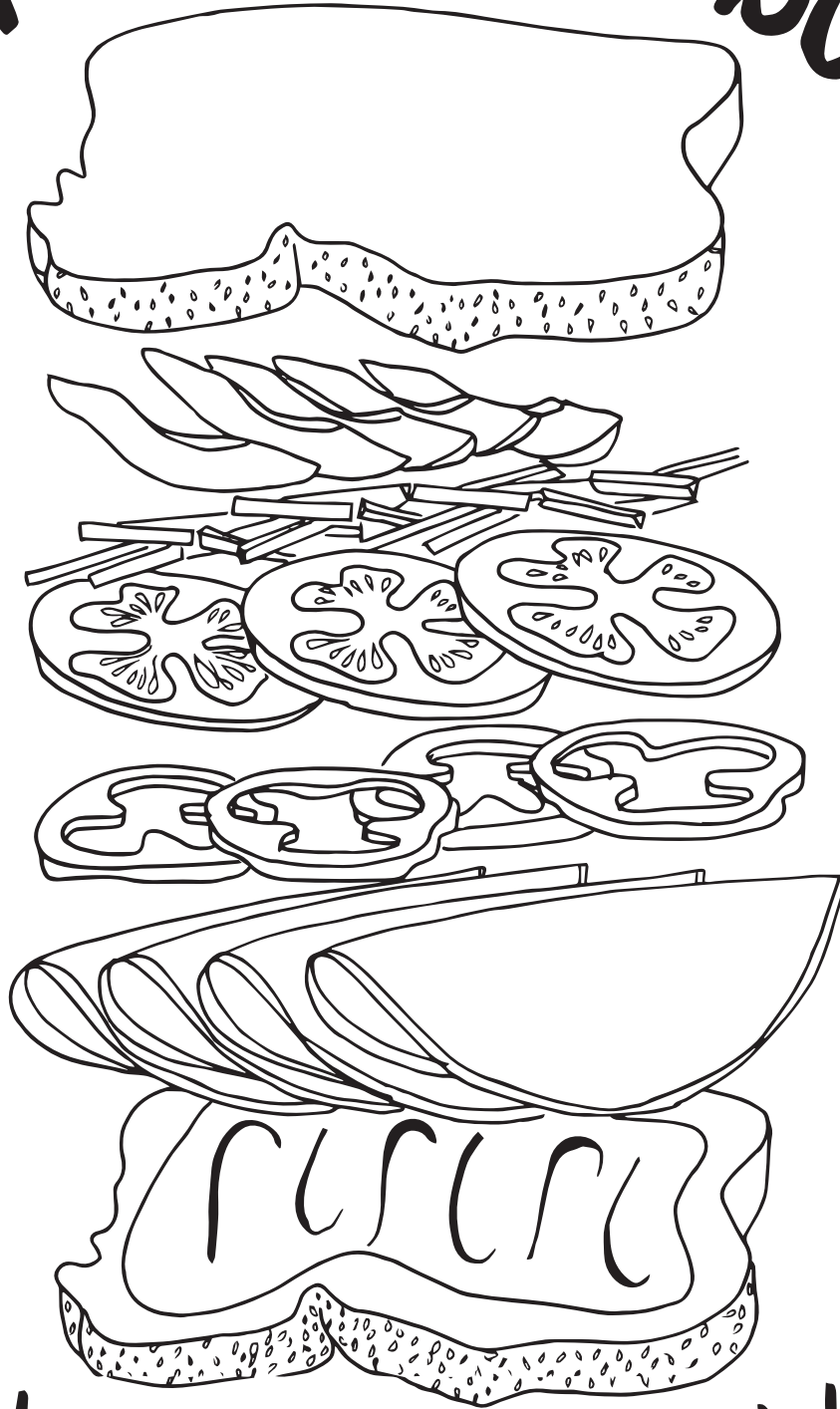
1. **THREAD** and alternate (1) piece of each: meat, cheese, fruit, and veggie onto a small bamboo skewer.
2. **REPEAT** step 1 until you have (3) three skewers.
3. **Optional:** Have an adult snip off the sharp end of the skewers with scissors.



EAT THE RAINBOW

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



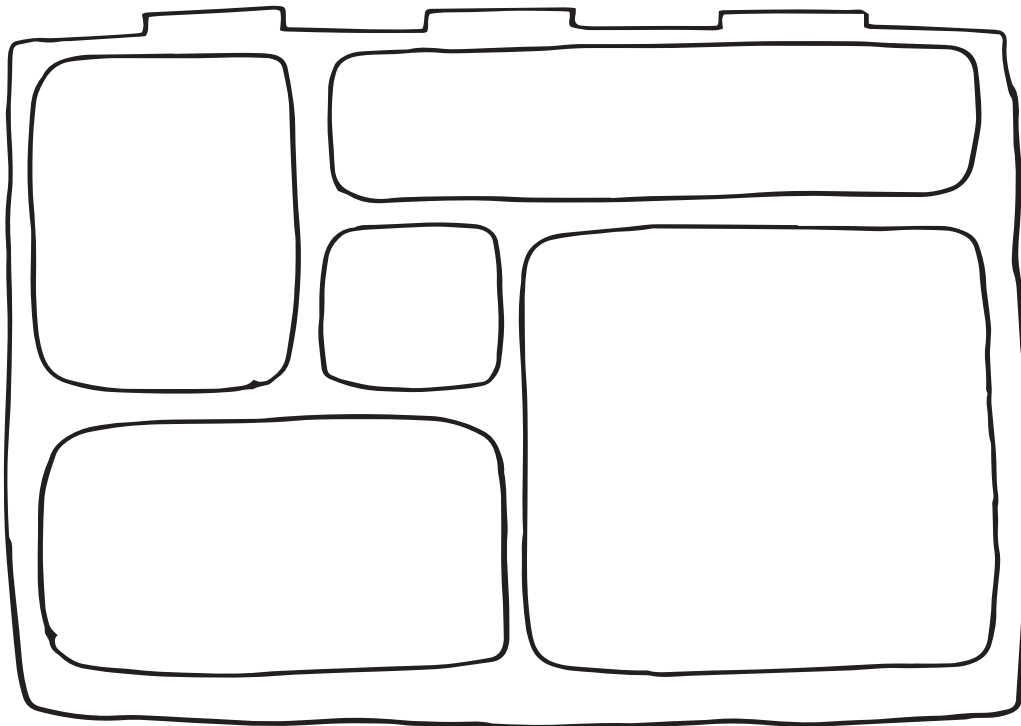
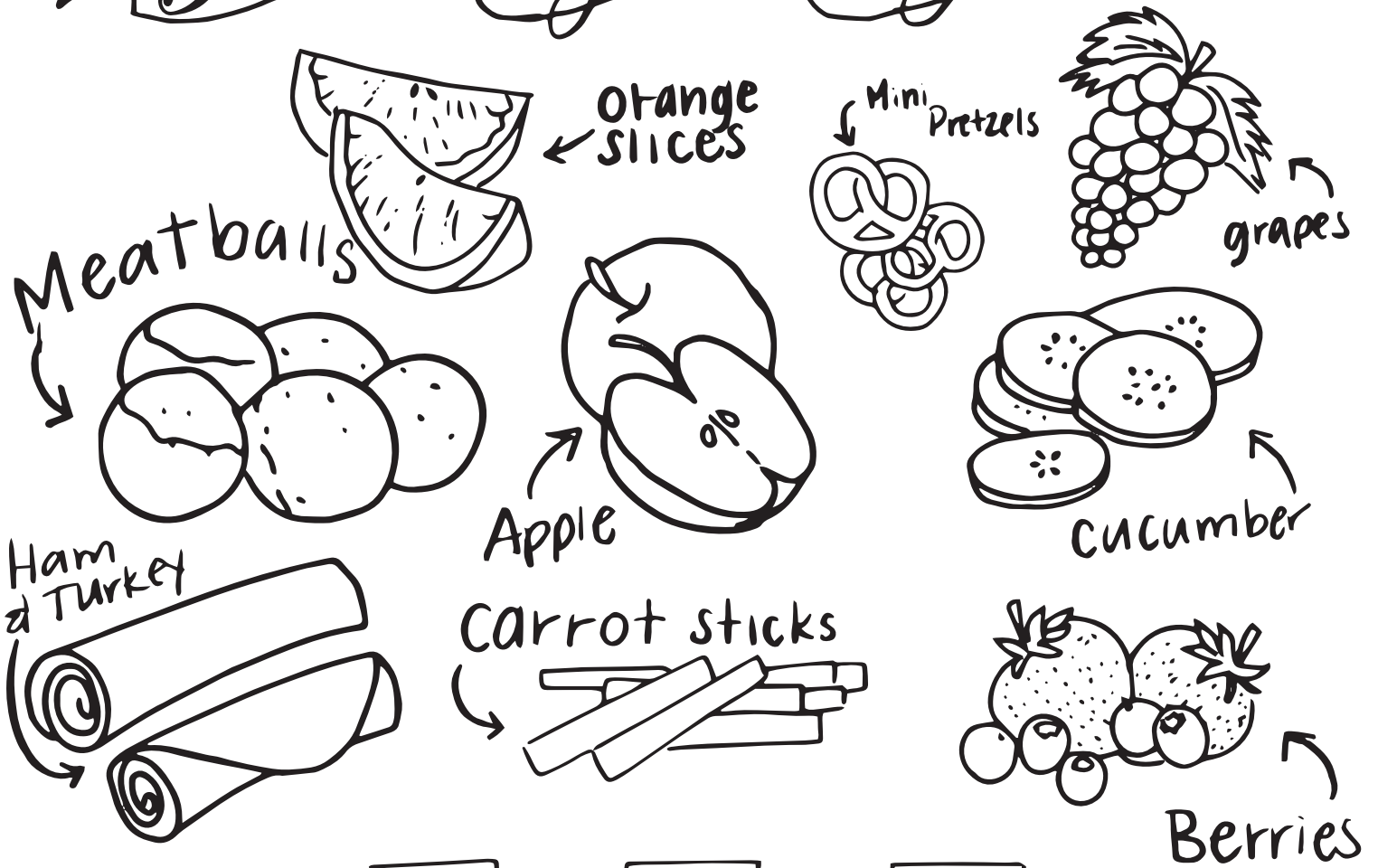
DIRECTIONS

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.

turkey sandwich



Design your own Bento Box



MEAT YOUR MATCH WORD SCRAMBLE

SUSAGEA

_____○

ABNCO

_____○_____

OHT DGO

_____○_____

CSEEHE

_____○_____

LEDI

_____○_____

RBREGU

_____○_____

ALISMA

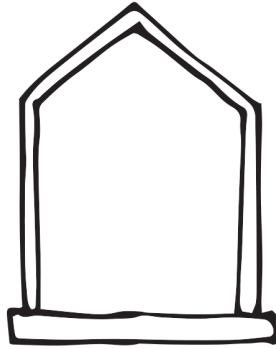
_____○_____

ICCNKEH

_____○_____

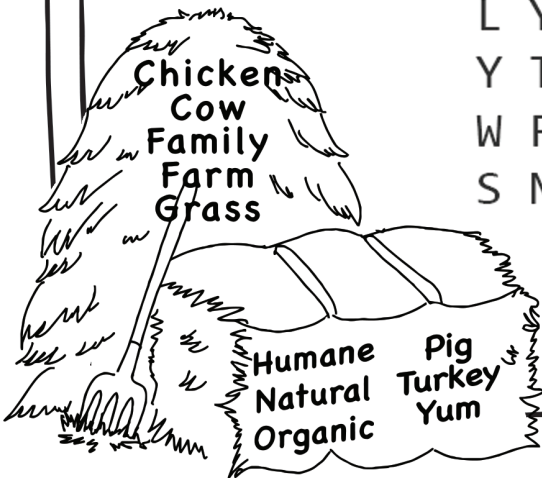
○ ○ ○ ○ ○ ○ ○ ○





Word Search

Z	U	N	F	I	O	B	G	C	O	B	T
O	X	A	A	G	R	A	S	S	R	H	U
V	Y	T	M	T	D	F	Y	P	G	U	R
Z	F	U	I	F	A	R	M	J	A	M	K
P	E	R	L	Q	N	C	O	W	N	A	E
M	L	A	Y	W	T	E	U	D	I	N	Y
K	V	L	G	I	P	Z	K	N	C	E	L
Y	Z	T	M	Y	D	S	V	C	U	X	W
L	Y	Q	B	U	O	P	W	E	I	M	J
Y	T	E	B	M	X	D	R	C	S	H	G
W	F	L	B	Q	M	G	F	Y	L	T	C
S	N	P	V	D	N	B	J	X	N	Q	K



ANSWER KEY

WORD SCRAMBLE

SAUSAGE[ⓔ]
BACON[ⓐ]
HOT[ⓣ] DOG[ⓔ]
CHEESE[Ⓒ]
DELI[Ⓛ]
BURGER[ⓔ]
SALAMI[ⓐ]
CHICKEN[Ⓝ]

EAT CLEAN

WORD SEARCH

Z	U	N	F	I	O	B	G	C	O	B	T
O	X	A	A	G	R	A	S	S	R	H	U
V	Y	T	M	T	D	F	Y	P	G	U	R
Z	F	U	I	F	A	R	M	J	A	M	K
P	E	R	L	Q	N	C	O	W	N	A	E
M	L	A	Y	W	T	E	U	D	I	N	Y
K	V	L	G	I	P	Z	K	N	C	E	L
Y	Z	T	M	Y	D	S	V	C	U	X	W
L	Y	Q	B	U	O	P	W	E	I	M	J
Y	T	E	B	M	X	D	R	C	S	H	G
W	F	L	B	Q	M	G	F	Y	L	T	C
S	N	P	V	D	N	B	J	X	N	Q	K