

# Recipes from the Kitchen: Back to School Edition

Rather than provide you with a bunch of recipes (this newsletter would be endless), this month we thought it would be beneficial to provide you with some ideas for snacks and cold lunches. If there is a recipe, we will provide a hyperlink in the snack or meal name.

## Snacks:



Caummus



Mini Churros

- ✚ [Guacamole and Tortilla Chips](#)
- ✚ [Caummus](#) and [Tortilla Chips](#)
- ✚ Veggies and Dip
- ✚ Veggie Straws
- ✚ [Loprofin Snack Mix](#)
- ✚ Yogurt (So Delicious or Chobani)
- ✚ [Crackers](#) and Cheese (Chao, Follow Your Heart, Daiya, So Delicious)
- ✚ [Mini Churros](#)
- ✚ Fruit and Cool Whip
- ✚ [Crunchy Granola Bars](#)
- ✚ [Spiced Pretzels](#)
- ✚ Low Protein Pretzels (Snyders Gluten Free or Glutino)
- ✚ [Flavis Fruit Bars](#)

## Sandwiches/Wraps/Panini and More



Phelafel Wrap

- ✚ Grilled Cheese and Tomato
- ✚ [Caummus](#) and Veggie Wrap (many tortilla recipes on [Cookforlove.org](http://Cookforlove.org))
- ✚ [Jackfruit "Tuna" Salad](#)
- ✚ Quesadilla with Salsa
- ✚ [Phelafel Wrap](#)
- ✚ Honey and Banana
- ✚ Better BLT (Use Morning Star Bacon or Homemade carrot, eggplant, or sweet potato bacon)

## Thermos Meals



Broccoli Soup

- ✚ [Mac and Cheese](#)
- ✚ [Ditalini](#) and Marinara
- ✚ [Veggie Fried Rice](#)
- ✚ [Cheesy Broccoli and Rice](#)
- ✚ [Broccoli Soup](#)
- ✚ [Pho](#)
- ✚ [Vegetable Noodle Soup](#)

See actual Thermos meals from Cambrooke:

<https://www.cambrooke.com/blog/2017/10/the-secret-to-a-hot-easy-tasty-inconspicuous-school-lunch-a-thermos/?fbclid=IwAR0ACY8tqDfeuXDjrXtVDcZtICLgxFrH2I3CA7Qpe-3T0Njd1-79KgU3oU4>