



School Lunch Ideas

Edie Sutton

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**Martin's Super Markets at Heritage Square
Mishawaka, Indiana**

Mountain Sandwich

Prep Time: 5 minutes

Makes: 1 serving

Ingredients

- 1 slice Bologna
- 1 American Cheese slice
- 1 hot dog bun
- 1 Tablespoon Salad dressing
- 1 leaf lettuce leaf

Instructions

Cut cheese slice and bologna in half. using a knife to make zig-zag cut. Spread inside of bun with dressing; fill with lettuce, cheese and bologna.

Waffle -Wich

Prep time: 5 minutes

Makes: 1 serving

Ingredients

2 frozen waffles, toasted, cooled

½ small apple, sliced

1 slice cheese

6 slices shaved ham

1 teaspoons maple-flavored or pancake syrup

Instructions

Top 1 waffle with cheese, ham and apple slices. Cover with second waffle. Wrap sandwich in plastic wrap or foil. Pour syrup into sealable plastic container. Refrigerate until ready to serve.

Shake-Up Chicken Caesar Salad

Prep Time: 5 minutes

Makes: 1 serving

Ingredients

1 Tablespoon Caesar Dressing

½ cup roasted chicken breasts, cut up

1 cup torn salad greens

4 grape tomatoes

Instructions

Spoon dressing into 3-cup resealable container; top with chicken, greens and tomatoes. Cover. Shake container to coat salad with dressing just before serving.

Pinwheels

Prep time: 5 minutes

Makes: 1 serving

Ingredients

- 1 slice whole wheat bread, crust removed
- 1 teaspoon salad dressing
- 3 slices shaved turkey breast
- 1 slice cheese

Instructions

Flatten bread with a rolling pin; spread with dressing. Top with turkey and cheese; roll up tightly. Cut crosswise into 4 pinwheels. Serve immediately, or stack on top of each other and wrap in plastic wrap. Refrigerate until ready to serve.