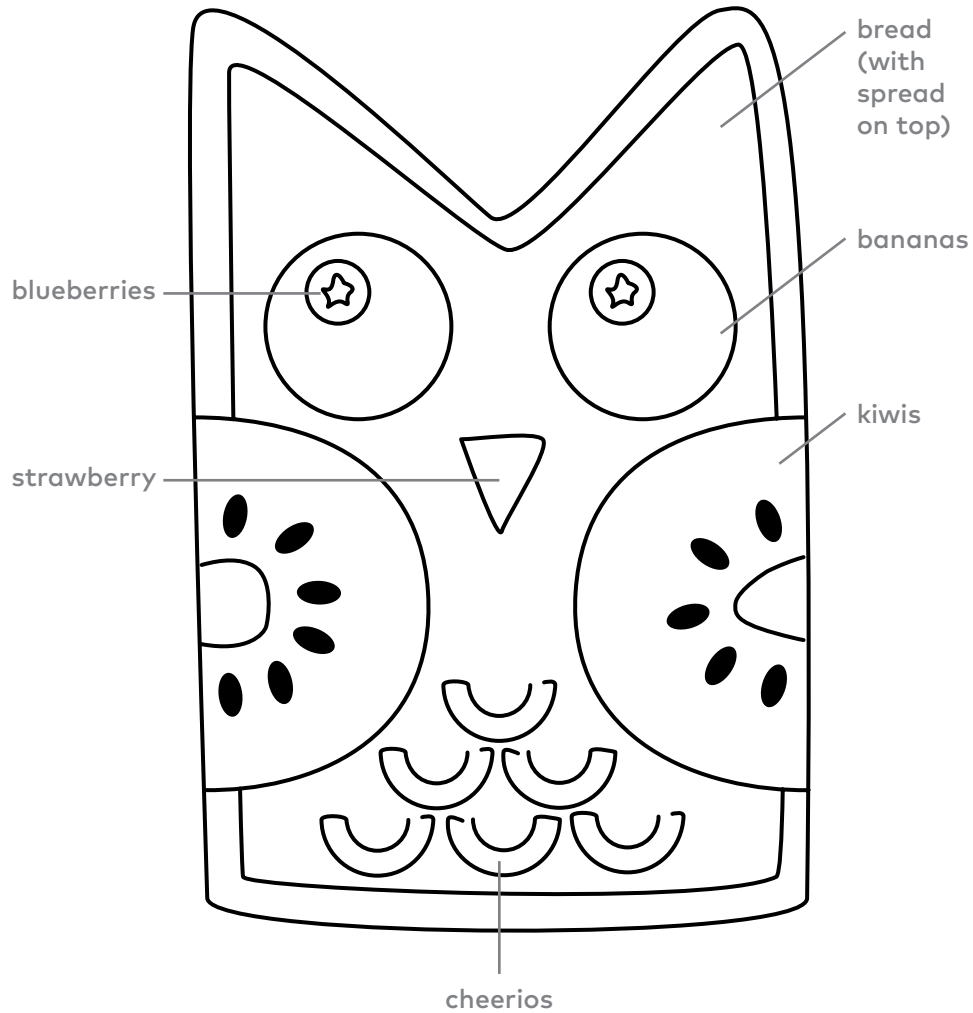


healthy & fun
lunch ideas
with stride rite®



owl toast



ingredients.

1 slice of bread (toasted or fresh)

Almond butter or peanut butter

1 kiwi slice, cut in half

2 banana slices

2 blueberries

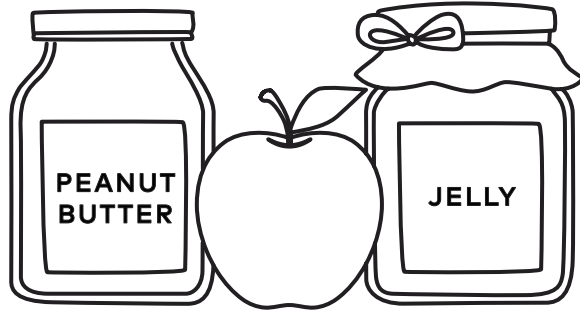
Strawberry, cut into a triangle

Cheerios, broken in half

instructions.

- 1 | Spread the almond butter on the bread.
- 2 | Place the kiwi halves on either side of the bread for wings.
- 3 | Add the banana slices for eyes, and place blueberries on top.
- 4 | Place strawberry below the eyes for the beak.
- 5 | Add cheerios for the feathers.

pb&j apples



ingredients.

2 apples

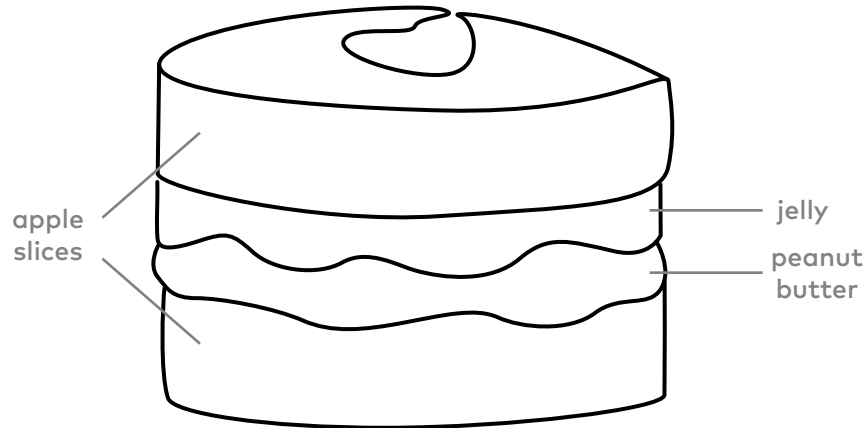
1/4 cup peanut butter

1/4 cup jelly

instructions.

- 1 | Cut apples into 1/4" slices. Cut the core from the center of each slice with a small cookie cutter.
- 2 | Spread peanut butter on one slice and jelly on the other.
- 3 | Put the halves together and enjoy!

cookie cutter hole



stride rite®

banana dog bites



ingredients.

2 bananas, peeled

1/4 cup peanut butter (you can also use almond or sunflower butter)

2 tortillas

instructions.

- 1** | If your tortilla is stiff, soften by heating it in the microwave for 10-15 seconds with a moist paper towel.
- 2** | Place one tortilla on a flat surface and evenly coat with 2 tablespoons of peanut butter.
- 3** | Place one banana near the edge of the tortilla and roll it up.
- 4** | Slice into 1/2 inch rounds and serve.

