

Brown Bag Bologna and Salami Sandwich is a flavorful choice

Sandwich has pack up and go

Now that school is back in session, millions of children will be toting their lunch to school everyday. Sand-wiches are the hands down favortic for the "brown bag" bunch. Knowing safe sandwich preparation is assurance. that the pick-and-earry lunch will be eaten and enjoyed.

will be caten and enjoyed.

A safe, fresh lunch begins with the packing, Always prepare sandwiches with clean hands using a cleam work surface and utensits. Since children can seldom refirgerate their lunch at school, include something cold in the lunch box such as a cold drink or freezer-pack insert. When possible, pack their lunch the night before and stope it in the refrigerator overnight. Thoroughly shilled foods travel better and stay fresh longer.

To add interest to brown bag lunches, introduce different breads and rolls as well as new sandwich fillings. For example, from Brown Bag Bologna and Satami Sandwich.

This Italian Inspired sandwich used shredded mozzarella cheese, thinly sliced lettuce, shredded carriot, and Italian dressing with slices of bologna and salami in a Kaiser roll. This hero-type sandwich offers a good flavor combination for back-teached foliog.





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Healthy start Breakfast treats wake up appetites

Jan Sproul of Redford, mother of Jacob, 5, finds a lot of good recipes in Parents magazine. A recipe for chunky cheese-and-fruit comes from last year's September issue.

from Last year's September Issue.
LEMONY BREAKFAST CHEESE
SPREAD
cop pari-skin ricotts cheese
1 tablespoon sugar
4 cup lemo lewfat yogurt
5 teaspoon vanilla extract
Beat ricotts cheese and sugar in
small mixer bowl until smooth,
about 5 minutes. Stir in yogurt and
vanilla. Refrigerate, covered, 1 to
1 hours to allow flavors to blend.
Spread 1 to 2 tablespoons of
these spread on warm assorted

cheese spread on warm assorted toasted breads or rice cakes. Top

with fresh or dried diced fruit, cooked bacon or sausage, or aliced hard-cooked egg.
Yield 1½ cups. Keeps well in covered container in refrigerator up to 5 days.

Lablesmoon yields 21 calories, 1

up to 5 days.

1 tablespoon yields 21 calories, 1 gram protein, 1 gram fat, 2 grams carbohydrate, 36 grams calcium. (Recipe from United Dairy Industry Association).

MIXED BERRY POWERHOUSE
2 8-02. containers mixed berry yoguers of the strength of the strengt

container. Cover. Blend until amooth and frothy. Serve in tall chilled glasses. Yields it cup. To prepare night before, combine all ingredients except where germ and ice cubes in blend container.

Cover and refrigerate. Add wheat germ and ice just before blending the next morning.

Yields 25 calorice, 1 cop person protein, 3 grams fast, 1 cop person protein, 3 grams fast, 3 grams fast, 3 grams fast, 2 grams grams protein, 4 grams fast, 1 cop person butted bairy Industry Associate, 286 grams calcium. (Recipe from United Dairy Industry Associate, 200 grams protein, 3 grams fast, 200 grams protein, 3 grams fast, 2 grams fast, 2 grams fast, 2 grams fast, 3 grams fast, 3 grams fast, 2 grams fast, 3 grams fast, 3 grams fast, 3 grams fast, 4 grams calcium. (Recipe from United Dairy Industry Associated Santon Company of the Com

Lettuce leaves (optional)

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'Ac cap roasted peanuts
In medium bowl altr together yogurt and sour cream until blended.
Sitr in cheese, apple, celery and
pineapple until well coated. Cover
and chill.

Serve on lettuce leaves, if destred. Sprinkle with peanuts just
before serving, Note: For younger
children, serve without peanuts.
Yield 4 cups, or six servings.
Yield per serving, 161 calories, 6
grams protein, 10 grams fat, 14
grams carbohydrate, 109 mg, soditum, 20 mg, cholesterol. (Parents

grams carbohydrate, 109 mg. sod um, 20 mg. cholesterol. (Pareni magazine, September 1990 issue,)

Kids can help make salad, candy, chicken

See Larry Janes' Taste Buds on Taste front.

PICTURE SALADS
lettuce leaves
siliced concumbers
olives
bananas

raisins

raisins
pineapple rings
grated coconut
hard boiled eggs
shredded cheese
carrot sticks
celery sticks

ORCHARD-10

grated zucchini halved pears halved peaches

Select the ingredients you wish to

use.

Cut silce or grate as needed.

Use the fruits or vegetables to make a person, animal or favorite

DANDY CANDY 1 cup peanut butter 1 cup dry milk powder 16 cup honey 1 teaspoon vanilla

Combine all ingredients in a plas-tic bag and squeeze until well mixed. Shape into balls or roll into a log. Chill for 1 hour before enjoying!

KIDS LOVE THIS OVEN FRIED CHICKEN 1 chicken, cut up

% cup breadcrumbs ¼ teaspoon garlic powder % cup wheat germ dash salt/pepper

dash satt/pepper
Preheat oven to 400 degrees. Remove skin from poultry. Wash and pat dry. Mix egg and mik in a cereal bowl. Combine breadcrumbs, wheat germ, garlie powder, satl and pepper. Dip chicken in egg wash, then roll in seasonings. Place on a baking sheet and bake at 400 degrees for 40 minutes or until juties run clear when pierced with a fork.

SALAMI SANDWICH 2 ounces aliced bologna 1 ounce allectd salami 1 tablespoon shredded mozzarella checte 1 Kaiser roll, split 1/4 cap thinly siliced lettuce 1 tablespoon abredded carrot 1 teaspoon bottled Italian salad dressing 2 ripe olives, siliced, if desired Sprinkle cheses over bottom half of roll. Combine lettace, carrot and said dressing; place on cheese. Now with bologna and salami silices and ripe olives, if desired. Close sandwhich with roll top, Yield: 1 sandwich. SUPERMAF

BROWN BAG BOLOGNA AND SALAMI SANDWICH 2 ounces allced bologna

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Frozen Whipped Topping

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