



# Food For Thought

TIPS ON TASTE NUTRITION & HEALTH

## A+ Lunches For Back To School

(NAPSA)—Lunchtime is one of the most important moments of your children's school day. While compact, portable coolers have replaced the Annie Oakley and Wild Bill Hickock lunch boxes of the 1950s, the contents have not evolved much, with PB&J and tuna fish sandwiches making regular appearances.

This year, school lunch doesn't have to be boring. You can revitalize your kids' packed lunches by filling their lunch boxes, brown bags or space-age coolers with healthy and delicious twists on old lunchtime favorites, such as Tuna Salad "Sushi."

### Tuna Salad "Sushi"

*prep time: 10 minutes  
makes 2 servings*

- 1 can (12 ounces) chunk light tuna in water, drained**
- ¼ cup light mayonnaise**
- ½ cup chopped celery**
- 2 large (10-inch) flour tortillas**
- 6 carrot strips**

**In mixing bowl, stir together tuna, mayonnaise and celery, breaking up any large chunks of tuna. Place half of the tuna salad on each tortilla in a line slightly below the center of the tortilla. Make a line of carrot strips along the middle of the tuna salad. Roll into a cylinder, sushi-fashion, trim ends and**



**Revitalize school lunches with twists on classic favorites like tuna salad "sushi."**

**cut each roll across into 6 pieces. Place in a GladWare container, cut sides up.**

Other lunch packing tips:

- Make a tasty "ice pack" by freezing a juice box. Toss the box in the lunch bag in the morning and by lunchtime, the food is still cool and the juice is ready to drink.

- Plan for leftovers! If burritos are on the dinner menu, make an extra one and package for a quick, easy lunch.

- Be equipped with Glad Sandwich Bags. These are a must-have for any lunch sack.

For more school lunch recipes and packing tips, visit [www.glad.com](http://www.glad.com).