



## Best Lunch Box Ever: Ideas and Recipes for School Lunches Kids Will Love

By Katie Sullivan Morford

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*Best Lunch Box Ever* is full of recipes, ideas, and strategies for packing creative and healthful lunches for kids, solving what is for many parents the most taxing of daily chores. Kids will love the scrumptiousness, while busy moms and dads will appreciate the quick and simple solutions for wholesome, balanced meals developed by Katie Sullivan Morford, a registered dietician and mother of three. The 65 recipes are easy, delicious, and—best of all—packed with nutrients for well-rounded lunches and snacks, including Deconstructed Caprese Skewers, Easy Cheesy Thermos Beans, Pesto Pita Pizza, Cinnamon Wonton Crisps, Parmesan Kale Chips, Crispy Applewiches, and more.

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## **Best Lunch Box Ever: Ideas and Recipes for School Lunches Kids Will Love** By Katie Sullivan Morford Bibliography

- Sales Rank: #141801 in Books
- Brand: Chronicle Books
- Published on: 2013-07-16
- Released on: 2013-07-16
- Original language: English
- Number of items: 1
- Dimensions: 8.75" h x .63" w x 6.75" l, 1.20 pounds
- Binding: Hardcover
- 156 pages

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### **Editorial Review**

#### Review

"Dietitian, food and nutrition writer, and blogger Morford does an truly sweet job of helping parents pack more inspired lunches in her new cookbook, which features 75 recipes for everything from wraps and sandwiches to pizzas and salads. Packing healthy lunches that kids will actually eat is no easy feat, but Morford is up for the challenge. "This book is a toolbox full of fresh ideas to help you break from the lunch-box rut that plagues the best of us," Morford explains in her intro. Chapter one, Brown Bag Basics, gives nutrition advice and offers healthier versions for lunchtime favorites such as turkey sandwiches with hummus and romaine, while the second chapter includes tips on getting organized and how to plan ahead. Healthy, fresh sandwich recipes include chickpea panini and deconstructed Caprese cherry tomatoes and mozzarella on skewers. Salads Kids Will Love offers up a variety of greens made with kid-friendly ingredients like Where's Waldorf, made with apple and raisins, and Lunch Box Slaw, crunchy veggies with a slightly sweet dressing of rice vinegar, brown sugar, and soy sauce. There are recipes for all-time favorites- pizza, wraps, and roll-ups- as well as a section on how to put a fresh new spin on leftovers. This is an extremely useful guide that's both fun and accessible." - Publishers Weekly

The Best Lunch Box Ever is a terrific gift to anyone who has to pack a lunch for a kid, and wants that lunch to be healthy- and eaten. Katie Morford has dozens of interesting and sometimes surprising suggestions for easy, delicious, and nutritious lunch items that kids will enjoy- if parents don't get to them first. I wish I'd had this book when my kids were in school. -- Marion Nestle, Professor of Nutrition, Food Studies, and Public Health at New York University and author of What to Eat.

"This wonderful book is sure to get you out of a lunch-box rut, with inspiring, easy, healthful ideas for lunches that will put a smile on any kid's face!" -- Ellie Krieger, RD, author and host of Food Network's "Healthy Appetite"

"Ideal for parents and professionals, this cookbook features winning lunch ideas for eco- and health-conscious households." -- Library Journal, July 2013

"Ideal for parents and professionals, this cookbook features winning lunch ideas for eco- and health-conscious households." - Library Journal

#### About the Author

Katie Sullivan Morford is a registered dietician, a freelance food and nutrition writer, and founder of the Mom's Kitchen Handbook blog. She lives in San Francisco, California.

### **Users Review**

#### **From reader reviews:**

#### **Sarita Springer:**

Spent a free time and energy to be fun activity to try and do! A lot of people spent their sparetime with their family, or all their friends. Usually they carrying out activity like watching television, about to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Do you want to something

different to fill your current free time/ holiday? Might be reading a book is usually option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of guide that you should read. If you want to test look for book, may be the e-book untitled Best Lunch Box Ever: Ideas and Recipes for School Lunches Kids Will Love can be excellent book to read. May be it might be best activity to you.

**Darren Custer:**

People live in this new day time of lifestyle always try and and must have the free time or they will get lot of stress from both lifestyle and work. So , when we ask do people have free time, we will say absolutely yes. People is human not only a robot. Then we request again, what kind of activity do you have when the spare time coming to you actually of course your answer can unlimited right. Then do you try this one, reading textbooks. It can be your alternative within spending your spare time, the particular book you have read will be Best Lunch Box Ever: Ideas and Recipes for School Lunches Kids Will Love.

**Rafael Arent:**

The book untitled Best Lunch Box Ever: Ideas and Recipes for School Lunches Kids Will Love contain a lot of information on it. The writer explains her idea with easy approach. The language is very clear to see all the people, so do certainly not worry, you can easy to read the idea. The book was compiled by famous author. The author provides you in the new age of literary works. You can easily read this book because you can read on your smart phone, or product, so you can read the book inside anywhere and anytime. In a situation you wish to purchase the e-book, you can start their official web-site and also order it. Have a nice learn.

**Melvin Smith:**

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