



## 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:**

#### **Jennifer Tomasini:**

As people who live in typically the modest era should be update about what going on or details even knowledge to make these individuals keep up with the era that is certainly always change and advance. Some of you maybe can update themselves by reading through books. It is a good choice to suit your needs but the

problems coming to anyone is you don't know what one you should start with. This Best Lunch Box Ever: Ideas and Recipes for School Lunches Kids Will Love is our recommendation so you keep up with the world. Why, because this book serves what you want and need in this era.

**Denise Lee:**

Do you really one of the book lovers? If so, do you ever feeling doubt if you are in the book store? Try and pick one book that you find out the inside because don't evaluate book by its handle may doesn't work this is difficult job because you are scared that the inside maybe not seeing that fantastic as in the outside look likes. Maybe you answer is usually Best Lunch Box Ever: Ideas and Recipes for School Lunches Kids Will Love why because the great cover that make you consider in regards to the content will not disappoint you. The inside or content will be fantastic as the outside or even cover. Your reading 6th sense will directly make suggestions to pick up this book.

**David Hedges:**

This Best Lunch Box Ever: Ideas and Recipes for School Lunches Kids Will Love is brand new way for you who has interest to look for some information since it relief your hunger details. Getting deeper you on it getting knowledge more you know or else you who still having tiny amount of digest in reading this Best Lunch Box Ever: Ideas and Recipes for School Lunches Kids Will Love can be the light food for you personally because the information inside this book is easy to get simply by anyone. These books produce itself in the form and that is reachable by anyone, yeah I mean in the e-book contact form. People who think that in reserve form make them feel drowsy even dizzy this publication is the answer. So there isn't any in reading a book especially this one. You can find what you are looking for. It should be here for you. So , don't miss this! Just read this e-book style for your better life as well as knowledge.

**Richard Taylor:**

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