A Tasty Talk with Teri
Miss Sophie: The value of a lunch box
by Teri Bell

The way our children are schooled these days doesn't necessarily mean they meet in a building with a lunch room. The church I attend is home to Veritas Academy, a classical, Christian school where the lower grades only attend classes for half a day. There is no lunchroom. My son and daughter-in-law have decided to homeschool. My daughter-in-law has taught in public school for several years. She misses the lunchroom option in the middle of her day!
Making a school lunch is easy during the first few weeks but can grow old fast. You have to be a little creative sometimes to get them to eat what you pack and not throw it away. I dug around and found a few ideas, suggestions and recipes to make sure your child's lunch - whether in a box or at your kitchen table - a little more exciting. Save a tree - pack a lunch.

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Ham & Pineapple Pizza Pinwheels
1 refrigerated pizza crust
¼ cup pizza sauce
1 cup grated cheddar cheese
1 small can pineapple tidbits drained and patted dry

Preheat oven to 350 degrees.
Roll pizza dough out into a triangle. Spread evenly with pizza sauce leaving an inch border around the edge. Sprinkle ham and pineapple over dough and top with cheddar. Roll crust, starting at the wide side. Slice into 12 pinwheels. Place on a slightly greased sheet pan and bake for 25 -30 minutes.

Grilled Ham and Cheese Waffle Sandwich
One way to turn an ordinary sandwich into something different is to vary the bread portions. Use bagels, wraps, tortillas and even waffles.

2 toaster waffles
Thinly sliced deli ham
Sliced cheese
1 teaspoon finely diced apple
Butter
¼ teaspoon mustard (optional)

Build sandwich by spreading waffle with mustard. Build the sandwich with the apples wedged between the ham and cheese. Spread butter on waffles and brown in a non-stick skillet. For a special treat - add a little container of all natural local honey for dipping!

Buttery Cracker Treat
1/2 cup marshmallow cream
1/2 cup peanut butter
48 butter crackers
1 1/4 cups semisweet chocolate chips melted
Chopped nuts (optional)

Spread about 1 teaspoon peanut butter on half of the crackers and marshmallow cream on the remaining cookies. Make a sandwich by pressing together 1 peanut butter cracker and 1 marshmallow

cream cracker. Dip the cracker in melted chocolate and roll in finely chopped nuts to coat. Set crackers on waxed paper and allow chocolate to harden.
