

LUNCH

FREE
RECIPE
IDEAS

THE Skip-A-Meal Special

LOVE YOUR LUNCH BREAK!

You can do better than fast food lines or a frozen entree for lunch—something that's better for you *and* better for the children of the world. Skip the drive-thru, brown bag it at noontime and donate the difference to the Kiwanis International Foundation's Skip-A-Meal program. Your simple midday meal could include ingredients from last night's dinner. Take a tour of your fridge, then use leftovers to top a tortilla to make lunch wraps.

Find more on how to participate and tips on how to make your donation at www.kiwanis.org/skipameal.



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Skip-A-Meal

Better-the-next-day burrito



- 1 large flour tortilla
- 1/4 cup shredded pepper jack cheese
- Diced tomato
- Canned corn
- Canned black beans or pinto beans
- Leftover brown or Spanish rice
- Peppers or chilies

Rinse beans in a colander. Toss in corn and rice. Fill the tortilla with your mixture, then add diced tomato and peppers or chilies—use whatever proportion suits your taste. Roll up your wrap and cut in half. Heat in the microwave to melt the cheese. Serves one.

www.kiwanis.org/skipameal

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Skip-A-Meal

Second-day-salad wrap



- 1 large flour tortilla
- 1/4 cup cheese (Parmesan, shredded cheddar or blue cheese crumbles)
- Diced fresh veggies (cucumber, bell pepper, tomato)
- Chopped romaine lettuce
- Deli meat (ham or turkey)
- Ranch or Caesar dressing

In a bowl, toss the lettuce with the dressing, then add the cheese and diced veggies. Cover the tortilla with a layer of deli meat and add the salad mixture down the middle. Roll up your wrap and cut in half. (The layer of meat keeps the tortilla from getting soggy with dressing.) Serves one.

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