

SCHOOL LUNCHES

All Wrapped Up

When PB&J just don't make the grade anymore, it's time to think outside the loaf. Nationally recognized nutritionist Elizabeth Somer and Mission Foods have created some nutritious and affordable school recipes that put some fun — and flavor — back into the lunchbox.

"Kids do get tired of the same old sandwiches," says Somer. "A tortilla wrap or pinwheel is a great way to experiment with a variety of healthy ingredients." Mission Flour Tortillas are a good choice for budget-conscious families, too — they let you make a variety of flavorful lunch options as well as quick and easy meals the whole family can enjoy after a long day at school and work.

For more affordable, kid-friendly recipes, visit www.missionmenus.com.

VERY BERRY BURRITO

RECIPE BY ELIZABETH SOMER
SERVES 4

- 4 Mission Large / Burrito Flour Tortillas
- 8 tablespoons peanut butter
- 4 tablespoons strawberry jam
- 1 cup fresh blueberries
- 1 cup diced fresh strawberries

Spread each tortilla with 1/4 of the remaining ingredients. Roll into a burrito. Serve immediately or wrap in plastic wrap, place in refrigerator for later use.

SWEET HAM ROLL-UPS

RECIPE BY ELIZABETH SOMER
SERVES 4

- 4 Mission Medium / Soft Taco Flour Tortillas
- 4 tablespoons fat-free cream cheese
- 1 teaspoon mustard sauce
- 8 thin slices ham (or 8 ounces)
- 4 tablespoons grated cheddar cheese
- 1 small apple, sliced into tooth pick-sized slivers

Spread 1 tablespoon cream cheese over entire surface of each tortilla. Dot middle of each tortilla with 1/4 teaspoon mustard. Top with 2 slices ham, 1 tablespoon cheese, and 1/4 of the sliced apple. Roll tortillas tightly into a wrap. Wrap tightly in plastic wrap and refrigerate. To serve: Remove from plastic wrap and cut in half.

PB&J BANANA BURRITOS

RECIPE BY MISSION FOODS
SERVES 2

- 2 Mission Small / Fajita Flour Tortillas
- 4 tablespoons Jif Creamy Peanut Butter
- 2 tablespoons Strawberry jam, Jelly, or Preserves
- 2 bananas, peeled

Place tortillas on a paper towel and microwave for 10 seconds. Spread 2 tablespoons peanut butter on each tortilla. Add 1 tablespoon jelly to each tortilla. Place the banana near the edge of the tortilla and fold up the ends of the tortilla. Roll up and enjoy!



Very Berry Burrito

TUNA SALAD WRAPS

RECIPE BY ELIZABETH SOMER
SERVES 4

- 4 Mission Whole Wheat Soft Taco Flour Tortillas
- 1 1/2-ounce can tuna, drained
- 1/4 cup diced celery
- 3 tablespoons diced green onions
- 1/3 cup low-fat mayonnaise
- 1 teaspoon Dijon mustard
- Salt and pepper to taste
- 1 cup chopped tomato
- 1 cup lettuce leaves

In a small bowl, blend tuna, celery, onions, mayonnaise, mustard, salt and pepper until thoroughly mixed.

Top each tortilla with 1/4 of the tuna mixture. Sprinkle with tomatoes and top with lettuce. Roll tightly. Serve immediately or wrap in plastic wrap and refrigerate.



Tuna Salad Wraps

GETTING THE KIDS INVOLVED

- Celebrate with food: Use cookie cutters to transform an ordinary lunch into a fun meal. Seasonal cookie cutters are inexpensive and can be used to create festive meals with tortillas like heart-shaped quesadillas or bunny-shaped banana and peanut butter wraps.

- Make it an educational process: Bringing in ethnic foods teaches kids different cultures and expands the palate. Try tortillas and hummus for a healthy snack.

- Create a family tradition: Let the kids plan "Tuesday Taco Lunches" and choose the ingredients.

All Recipes, stories and photos provided by Familyfeatures.com



PB&J Banana Burritos



Sweet Ham Roll-Ups

A Back To School Sandwich Kids Will Love

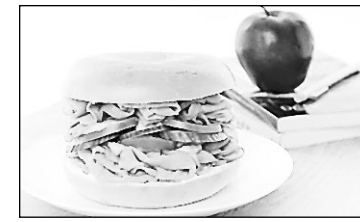
Finding school lunch ideas that stay fresh can be challenging. But with a few simple solutions, you can provide your kids delicious and tasty sandwiches.

THE BAGELWICH

FROM HILLSHIRE FARM
YIELD: 1 SANDWICH

- 4-6 slices Hillshire Farm Deli Select Ultra Thin Honey Ham
- 1 bagel
- 2 teaspoons cream cheese
- 1 teaspoon honey mustard
- 1 thin slice beefsteak tomato
- 6 thin cucumber slices

Split bagel, spread each cut



half with 1 teaspoon cream cheese.

On each half of bagel, layer half of each of the ingredients in this order: Hillshire Farm Deli Select Ultra Thin Honey Ham, honey mustard, tomato, and cucumber slices.

Join the two halves together. Cut in half and wrap.

LUNCH & LEARN

HEARING AIDS GOING WIRELESS

Wednesday,
August 25
12-1 p.m.

Avera Professional Office
Pavilion Conference Rooms

Join Audiologist Matthew Rumsey, AuD., CCC-A, as he presents **advances in wireless hearing aid technology:**

- Advanced Wireless Features
- Cosmetically Appealing Designs
- Breakthrough features for hearing in noisy environments

This event is free and open to the public, but space is limited. Please make reservations by calling **(605) 668-8080**. A light meal will be served.



Matthew Rumsey,
AuD., CCC-A
Audiologist
Avera Yankton
Ear, Nose & Throat

Avera 
Sacred Heart Hospital
For reservations, call
605-668-8080



Fosterling-Gross

Andrea Fosterling and Jeral Gross are pleased to announce their

engagement and upcoming marriage.

Parents of the couple are Dan and Rita Fosterling of Hudson, WI, and Mary Ann Gross and the late Paul Gross of Bridgewater, SD.

The bride is a 1998 home school graduate, and 2003 graduate of UW-River Falls. She is currently a staff accountant at Trean Corporation.

The groom is a 1991 graduate of Bridgewater High School, and 1995 graduate of Augustana College. He is currently vice president/senior business banker at First National Bank of South Dakota.

The couple is planning an August 28, 2010 wedding.

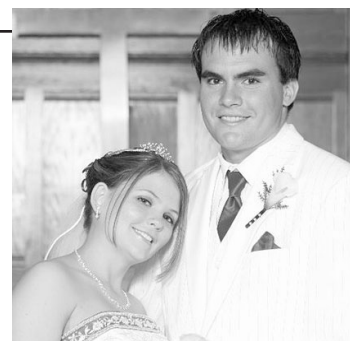
55th Wedding Anniversary



Mr. and Mrs. Lumir Ruman

The family of Lumir and Marcy Ruman would like to honor their parents with a card shower for their 55th wedding anniversary on August 23, 2010.

Cards may be sent to:
Lumir & Marcy Ruman
41862 301st St.
Tyndall, SD 57066



Hixon-Weidner

Tiffany Renee Hixon and Kellen Lynn Weidner were married June 12, 2010, at the First United Methodist Church, Mitchell, SD, with the Rev. Boyd Blummer officiating.

Parents of the couple are Randy and Nancy Hixon of Springfield, SD, and Stan and Deb Weidner of Bassett, NE.

Maid of honor was Melinda Hohbach of Mr. Vernon, SD. Bridesmaids were Krystal Williams, Springfield, SD; Melanie Fridley, Gann Valley, SD; and Tennille Hixon, Springfield, SD. The flower girl was Madelyn Goochey, Ainsworth, NE. The bride's personal attendants were Elizabeth Harper, Olathe, KS, and Kristin Norris, Salem, SD. Flower pinners were Joyce Diede, Yankton, SD, and Joann Tucker, Alton, IA. Guest book attendant was Serena Frew, Ainsworth, NE.

Best man was Garrett Weidner of Bassett, NE. Groomsmen were Joe

Hovorka, Fort Worth, TX; Ryley Thill, Mitchell, SD; and Bob Hansen, Mitchell, SD. Ring bearer was Austin Sams of Olathe, KS; Ushers were Noah Gibson, Olathe, KS; Jared Kirkeby, Brandon, SD; Brady Hofer, Mitchell, SD; and James Hansen, Mitchell, SD.

Music for the ceremony was provided by Devon Cadwell, soloist, of Springfield, SD.

Following the ceremony, a reception was held at the Ramada Inn and Suites in Mitchell, SD.

The bride is a 2004 graduate of Bon Homme High School and a 2009 graduate of Dakota Wesleyan University. She is a counselor at Stepping Stones and a residential assistant at the Avera Brady Assistant Living Center.

The groom is a 2006 graduate of Rock County High School and is currently attending Dakota Wesleyan University. He is employed at Jack's Campers in Mitchell.