



# Fork Lift

A Blog for Food, Fun, and Drink



School's barely begun and finding healthy snacks for your children's lunches is already ratcheting up the stress meter. Been there, eaten that, what else ya got, mom?

Enter Jarlsberg Minis. They're A. Jarlsberg, not a run-of-the-mill cheese flavor for kids. A little nutty, a little mellow, a lot awesome with a fresh apple. B. They come in cute little yellow mini wheels, easy to peel open. C. They're 70 calories, which also make them a great snack choice for grownups looking for a hunger-smashing protein-boost.

A bag of 5 20-gram mini wheels goes for \$4.99; at Whole Foods, Stop & Shop and other supermarkets.

## Liven Up That Lunch Box

Wednesday, September 10, 2014

By: Boston Herald staff

ENTERTAINMENT

State of the Arts	Fork Lift	Guestlisted
<p>Cambridge Symphony Orchestra: 40th Anniversary Kickoff</p> <p>Difficult though it is to believe, the Cambridge Symphony...</p>	<p>Liven Up That Lunch Box</p>	<p>Listen to Jon Lester when he tells you listen to Will Dailey</p> <p>Jon Lester says: I usually only listen to country but y...</p>