

# PARADE



BACK-TO-SCHOOL SPECIAL

WHAT AMERICA EATS

## What Chefs Feed Their Kids

By Joanna Prisco

**A**RE THE CHILDREN OF GOURMET cooks extra picky by design? We asked five of the top chefs in the country what's inside their little ones' lunch boxes. The answers proved to be healthy, creative and easy-to-make meals you can copy for your own budding foodies.

### DAVID BURKE

David Burke Fromagerie, Rumson, N.J.  
TUNA SALAD

I always pack a school lunch for my kids to assemble. Even if it's tuna salad, I put it back in the tuna can with a snap lid, like Tupperware. That way, when they put it on the bread themselves, it does not get soggy, it's fresher and they are in control of what they are eating. Or, I turn it into a snack: Make the tuna salad in a small container and include bagel chips for dipping or spreading. That way, it's kind of like canapés.

In addition to plastic wrap, I also like to wrap sandwiches in something we want our kids to read—a magazine article or whatever. It becomes their place mat. There's a good chance that if something's sitting in front of them, they will read it.

### WOLFGANG PUCK

Spago, Beverly Hills, and host of *Cooking Class* on the Food Network  
MINI-PIZZAS

Your kids should eat what you eat. For instance, my youngest son loves risotto, just like I do. But



for lunch, we make square with whole vegetables and a little squares. Cook it then the kids can e

You also can do older son, Camer He started when b chini, ham or turk can make it the wrapped in the r whenever they wan

### RACHEL THEBAULT

Tribeca Treats, New York City  
HOMEMADE COOKIES

My daughter loves foods in different shapes. Sometimes I'll use cookie cutters to cut out her sandwiches or vegetables. Of course, I also always include fruit in my daughter's lunch. But if you are worried about your child getting homesick during the day while he or she is at school, I think it's nice to include a cookie or a piece of cake that you baked together over the weekend—and maybe a small note telling them that you love them. Or you could pipe the words "Love, Mom" in frosting onto the cookie itself.

### EMERIL LAGASSE

Emeril's Gulf Coast Fish House, Gulfport, Miss.  
SHRIMP SPRING ROLLS

My son E.J. starts school this fall, so we haven't begun making lunch boxes, but we will soon! My kids are great eaters. For lunch or a snack, E.J. helps me prepare fun foods, such as shrimp spring rolls. They're great for kids, because they are portable and you can fill them with lots of fresh veggies. My kids also love anything with pasta.

**Spring rolls with veggies are portable and fun.**

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