



School Lunch Ideas

pack items from each category

MAIN DISH

Pack _____

- PB & J Sandwich
- Turkey Sandwich
- Apple & PB Sandwich
- Cheese & Crackers
- Pasta Salad
- Spaghetti in Thermos
- Soup in Thermos
- Leftovers in Thermos
- Grilled Chicken
- Pretzels & PB
- Rice & Beans
- Quesadilla
- Hard Boiled Eggs
- Wraps
- Lunch Meat Roll-Ups
- Hummus & Pita

FRUITS & VEGGIES

Pack _____

- Apples
- Clementines
- Watermelon
- Cantaloupe
- Strawberries
- Grapes
- Dried Fruit
- Applesauce
- Blueberries
- Carrots
- Cucumbers
- Snap Peas
- Peppers
- Celery
- Broccoli
- Pickles

SIDES

Pack _____

- Cheese Sticks
- Yogurt
- Pretzels
- Muffins
- Nuts
- Crackers
- Popcorn
- Granola Bars
- Graham Crackers
- Dry Cereal
- Tortilla Chips
- Rice Cakes
- Fruit Leather
- Trail Mix
- Pudding
- Pirates Booty



SUNDAY NIGHT

School Lunch Prep

PREP

On Sunday, prep these items in Ziploc Bags or Bento Boxes:

___ Fruit & Veggies

___ Sides

___ Main Dishes

STORE

Store items in pantry or refrigerator containers labeled with your child's name.

PACK

Every day, pack these items into the lunchbox:

For SNACK:

___ Fruit or Veggie
___ Sides

For LUNCH:

___ Main Dish
___ Fruit or Veggie
___ Sides
___ Drink

Example SNACK

Fruit: Banana
1st Side: Yogurt
2nd Side: Muffin

Example LUNCH

Main Dish: Turkey Sandwich
Fruit: Apple
1st Side: Pretzels
2nd Side: Cheese Stick
Drink