

# .....'s Weekly SCHOOL LUNCH Planner

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	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal					
Sides					
Drink					
Treat					

Hungry for ideas for lunch? **TRY THESE!**

PICK 1

## Main Meal

- Pita Bread + Hummus
- Cheese + Crackers
- Turkey + Cheese Roll-ups
- Almond Butter + Jam Sandwich
- Cheese Quesadilla
- Hard Boiled Eggs
- Pasta Salad
- Tuna (pop-off lid) with crackers
- Chips + Guacamole
- Ham + Cheese Sandwich
- Bagel + Cream Cheese
- Veggie + Hummus Wrap

PICK 2

## Sides

- Granola Bar
- Pretzels
- String Cheese
- Yogurt
- Peaches
- Trail Mix
- Healthy Bar
- Popcorn
- Cottage Cheese
- Crackers
- Chips + Salsa
- Oranges
- Apples
- Melon
- Strawberries
- Grapes
- Peaches
- Blueberries
- Raspberries
- Applesauce
- Mangoes
- Carrots
- Cucumbers
- Edamame
- Snap Peas
- Pickles
- Banana
- Pepper Slices

PICK 1

## Drink

- Milk
- Water
- 100% Juice
- Smoothie

PICK 1

## Treat

- Pudding Cup
- Graham Crackers
- Piece of Chocolate
- Nutella + Banana Wrap
- Homemade Cookie