

Back-to-School LUNCH PLANNER

Mix and match one item from each column to create dozens of exciting lunch combinations!

PROTEIN	VEGETABLE	FRUIT	TREAT (OPTIONAL)
hard-boiled egg	carrots	strawberries	granola bar
sandwich (or lunch meat roll-up)	cucumber slices	blueberries	chocolate avocado pudding
hummus	green salad	applesauce	popcorn
cheese stick, cubes, or shredded cheese	cherry or grape tomatoes	raspberries	cream cheese
cooked chicken pieces (grilled or roasted)	broccoli	peach slices	pizza sauce
chicken salad	bell pepper strips	banana	fruit leather strip
tuna salad	snap peas	mandarin orange	crackers
egg salad	celery sticks	grapes	dried fruit
yogurt	zucchini noodles	pear slices	tortilla chips
soup	salsa	mango slices	cornbread
egg muffin cup	cauliflower	raisins	dark chocolate square
chili	guacamole	apple	pretzels
meatballs	roasted sweet potatoes	cubed cantaloupe	homemade granola
mac 'n cheese	frozen peas	pineapple chunks	pumpkin seeds
peanuts, almonds, pistachios, etc.	frozen fruit/vegetable smoothie (will thaw for lunch)	frozen fruit smoothie (will thaw for lunch)	sunflower seeds