

4 STEPS TO A PACKED SCHOOL LUNCH

PLUS 50+ IDEAS ON WHAT TO PACK!

STEP 1 -- MAIN COURSE

- Leftovers From Dinner
- Peanut Butter and Jelly Sandwich
- Meat / Cheese / Crackers
- Muffins
- Deli Meat Sandwich
- Hotdog w/ Bun
- Chicken Nuggets
- Grilled Cheese Sandwich
- Soup
- Yogurt and Granola
- Make Your Own Tacos
- Shredded Chicken / Croissant
- Peanut Butter and Jelly Rollup
- Quesadilla
- English Muffin Pizza
- Uncrustables
- Bagel With Toppings
- Pizza

STEP 3-- SNACKS & TREATS

- Yogurt
- Go Gurt Yogurt
- Cheese Sticks
- Shredded Cheese
- Nuts (If Permitted)
- Trail Mix
- Goldfish Crackers
- Vanilla Wafers
- Graham Crackers
- Chex Mix
- Veggie Straws
- Popcorn
- Rice Krispie Treat
- Fruit Snacks
- Pretzels
- Ritz Crackers
- Chips
- Raisins
- Fruit Roll Up
- Cookies

Our Favorites!

STEP 2 -- FRUITS & VEGGIES

- Apples
- Clementines
- Bananas
- Watermelon
- Peaches
- Blueberries
- Grapes
- Strawberries
- Pineapple
- Cherries
- Kiwi
- Fruit Cups
- Applesauce Pouch

- Carrots
- Salad
- Peppers
- Snap Peas
- Cucumbers
- Cherry Tomatoes
- Celery
- Pickles
- Cauliflower

STEP 4 -- BEVERAGES

- WATER
- Milk
- Juice
- Lemonade

**** ALWAYS REMEMBER TO CHECK ON SCHOOL GUIDELINES REGARDING ALLERGY RULES AND REGULATIONS!**