

WEEKLY LUNCH PLANNER

	DAY	FOOD CATEGORY	ENTREE	FRUIT OR VEGGIE SIDE
M	MONDAY	Sandwich		
T	TUESDAY	Pasta		
W	WEDNESDAY	Salad		
T	THURSDAY	Wrap		
F	FRIDAY	Sandwich		
S	SATURDAY	Pasta/Quinoa		
S	SUNDAY	Leftovers		



**SUPER
HEALTHY
KIDS**

GREAT LUNCH FRUITS:

- Grapes
- Orange Slices
- Apples Slices
- Dried Fruit
- Single Serve Applesauce Cups
- 100% Fruit Leather

GREAT LUNCH VEGGIES:

- Carrot Sticks
- Celery Sticks
- Snap Peas
- Cucumber Slices
- Bell Pepper Slices
- Cherry Tomatoes