

Weekly Kid's Lunch Planner

Example: Choose 1-2 items form each category and you've got a healthy, balanced, and nutritious lunch for your child.

MON	TUE	WED	THU	FRI
<ul style="list-style-type: none">● Cucumber and cream cheese sandwich● 2 Turkey sticks● 1 string cheese● frozen blueberries with raw honey	<ul style="list-style-type: none">● Frozen pizza● bell peppers and hummus packet● yogurt with granola● honey BBQ pretzels	<ul style="list-style-type: none">● Peanut butter and jelly sandwich● protein drink● carrots and a avocado packet● grapes● string cheese	<ul style="list-style-type: none">● Mozzarella sticks● celery and hummus packet● chocolate chips and popcorn● travel milk	<ul style="list-style-type: none">● Ham and cheese sandwich● grapes● sweet potato fries● no bake energy bites● beef stick

Week 1

MON	TUE	WED	THU	FRI

Week 2

MON

TUE

WED

THU

FRI

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Week 3

MON

TUE

WED

THU

FRI

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Week 4

