<u>Weekly Kid's Lunch Planner</u>

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
 Cucumber and cream cheese sandwich 2 Turkey sticks 1 string cheese frozen blueberries with raw honey 	 Frozen pizza bell peppers and hummus packet yogurt with granola honey BBQ pretzels 	 Peanut butter and jelly sandwich protein drink carrots and a avocado packet grapes string cheese 	 Mozzarella sticks celery and hummus packet chocolate chips and popcorn travel milk 	 Ham and cheese sandwich grapes sweet potato fries no bake energy bites beef stick

Week 1

MON	TUE	WED	тни	FRI

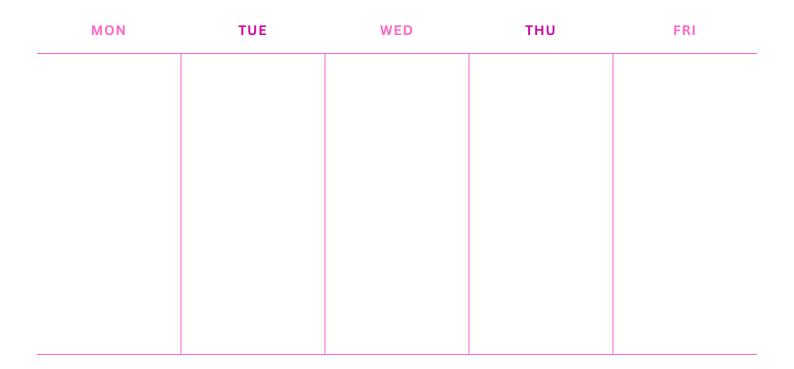
Week 2

TUE	WED	THU	FRI
	IUE		

Week 3

MON	TUE	WED	тни	FRI

Week 4



Grocery List