



Lunch Packing

MADE EASY



Sandwiches & Wraps

- ☐ Turkey and Cheese
- ☐ Ham and Cheese
- ☐ Chicken Caesar Wrap
- ☐ Turkey and Cream Cheese roll-ups
- ☐ BLT Wrap
- ☐ Egg Salad Sandwich
- ☐ Chicken Salad
- ☐ Bagel with Cream Cheese
- ☐ Pepperoni and Mozzarella Cheese
- ☐ Cucumber and Cream Cheese
- ☐ Turkey Avocado Wrap
- ☐ PB&J (If allowed)
- ☐ _____

Pasta & Grain

- ☐ Pasta Salad
- ☐ Italian Pasta Salad
- ☐ Rice and Chicken Bowls
- ☐ _____
- ☐ _____

Protein Ideas

- ☐ Chicken Stripes
- ☐ Turkey Slices
- ☐ Ham Cubes
- ☐ Beef Jerky
- ☐ _____

Hot Lunches (Thermos-Friendly)

- ☐ Mac and Cheese
- ☐ Chicken Nuggets
- ☐ Mini Corn Dogs
- ☐ Buttered Noodles
- ☐ Alfredo Pasta
- ☐ Pizza Rolls
- ☐ Mini Meatballs
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Fruit and Veggies

- ☐ Apple Slices
- ☐ Grapes
- ☐ Strawberries
- ☐ Blueberries
- ☐ Orange Slices
- ☐ Banana
- ☐ Peaches
- ☐ Baby Carrots
- ☐ Cucumber Slices
- ☐ Cherry Tomatoes
- ☐ Broccoli
- ☐ Cauliflower
- ☐ _____

Diy Lunches

- ☐ Turkey/Cheese Lunchable
- ☐ Pizza lunchable
- ☐ Nacho Kit
- ☐ Cheese cubes & Ham w/ Pretzels
- ☐ _____

Snacks

- ☐ Goldfish
- ☐ Pretzels
- ☐ String Cheese
- ☐ Yogurt
- ☐ Apple Sauce
- ☐ Animal Crackers
- ☐ Mini Muffins
- ☐ Gronala Bar
- ☐ Fruit Snacks
- ☐ Cheese Crackers
- ☐ _____
- ☐ _____
- ☐ _____