



LUNCHES

WEEK:

MONTH:

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	PB & J Apples Yogurt	Mac & Cheese Strawberries Carrots	Grilled chicken Sweet potato fries sliced cucumbers	Ham Green Beans Rice
TUE	DIY lunchables (crackers, cheese, etc) Strawberries Carrots	Turkey and cheese roll ups yogurt and berries sugar snap peas	Tacos carrots and cucumbers with ranch	Chicken and cheese quesadilla apples
WED	Grilled Cheese cucumbers blueberries	PB & J Apples Yogurt	Grilled chicken fresh veggies and ranch	Mac & Cheese Strawberries Carrots
THU	Breakfast for lunch! pancakes, sausage, yogurt	Grilled chicken Sweet potato fries sliced cucumbers	Hamburgers with toppings pretzels cucumbers	Pizza Apples
FRI	Chicken and cheese quesadilla Strawberries	Turkey and cheese roll ups yogurt and berries sugar snap peas	DIY lunchables (crackers, cheese, etc) Strawberries Carrots	Tacos carrots and cucumbers with ranch
SAT	Pizza quesadilla yogurt peaches	Mac & Cheese Strawberries Carrots	Nachos cucumber slices blueberries	Breakfast for lunch! pancakes, sausage, yogurt
SUN	turkey and cheese sandwich Sweet potato fries sliced cucumbers	Pizza Fresh veggies and ranch	Grilled Cheese cucumbers blueberries	Hamburgers with toppings pretzels cucumbers