








# Lunch Planner

| SANDWICH AND WRAPS  | PROTEIN   | CHIPS N STUFF   | FRUIT  | VEGETABLE   | DAIRY   | THERMOS  |
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| <p><b>DELI MEAT</b><br/>           TURKEY<br/>           HAM<br/>           SALAMI<br/>           PB&amp;J<br/>           EGG SALAD<br/>           CHICKEN SALAD</p> <p><b>GRAINS:</b><br/>           BREAD / BAGEL<br/>           RICE CAKE<br/>           TORTILLA<br/>           GF WRAP</p>  | <p>HUMMUS<br/>           BEEF STICKS<br/>           TURKEY/HAM ROLL-UP<br/>           HARD BOILED EGG<br/>           NUT OR SEED BUTTER<br/>           CHICKEN NUGGETS<br/>           MINI CORN DOGS<br/>           TOFU<br/>           EDAMAME<br/>           CHICK PEAS</p>  | <p>VEGGIE STRAWS<br/>           POTATO CHIPS<br/>           CEREAL<br/>           CRACKERS<br/>           PIRATE BOOTY<br/>           POPCORN<br/>           MINI MUFFINS<br/>           GOLDFISH<br/>           SEAWEED SNACKS</p>  | <p>APPLE<br/>           ORANGE<br/>           BANANA<br/>           PEAR/PLUM/PEACH<br/>           RASPBERRIES<br/>           STRAWBERRIES<br/>           BLUEBERRIES<br/>           MANGO<br/>           MELON<br/>           KIWI<br/>           APPLESAUCE<br/>           FRUIT LEATHER</p>  | <p>CARROT<br/>           BELL PEPPER<br/>           CUCUMBER<br/>           OLIVES<br/>           SNOW PEAS<br/>           TOMATO<br/>           AVOCADO</p> <p><b>THIN-SLICED</b><br/>           BROCCOLI, RADISHES,<br/>           CAULIFLOWER, CELERY<br/>           WITH HUMMUS DIP</p>  | <p>MILK<br/>           YOGURT<br/>           CHEESE CUBES<br/>           CHEESE STICK<br/>           CREAM CHEESE<br/>           COTTAGE CHEESE<br/>           WHISPS<br/>           MOON CHEESE<br/>           BABYBELS<br/>           PARFAIT</p>  | <p><b>LAST NIGHT'S:</b><br/>           SPAGHETTI<br/>           PASTA SALAD<br/>           FRIED RICE<br/>           MAC AND CHEESE<br/>           RICE AND BEANS<br/>           PULLED PORK<br/>           MEATBALLS<br/>           CHILI<br/>           SOUPS<br/>           CASSEROLE</p>  |

| MONDAY | TUESDAY | WEDNESDAY |
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| THURSDAY | FRIDAY | WEEKEND GROCERY LIST |
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