



# A Week of School Lunch Ideas

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	Meat/protein	Dairy	Starch/carb	Fruit	Vegetable	Treat/special
1	Pepperoni slices	Small slices of mozzarella cheese	Crackers	Berries	Baby carrots	Gummy bears
2	Meatballs	Yogurt	Chips	Grapes	Cucumber slices	Small cookie
3	Peanut butter (and jelly for sandwich)	Ranch dip (for pepper slices)	Bread (combine with PB&J to make a sandwich!)	Clementine	Bell pepper slices	Fruit leather
4	Hard-boiled eggs	Cottage cheese	Homemade muffin	Applesauce	Frozen peas	Handful of chocolate chips
5	Hummus	Cheese stick	Veggie straws	Banana	Raw celery	Jelly beans