

A Month of Lunch Ideas!

1
Mini-bagels with peanut butter, baby carrots, oatmeal cookie, yogurt

2
Leftover lasagna, peeled orange segments, brownie, milk

3
Hummus for dipping, pita wedges, carrots & snap peas, grapefruit segments, milk

4
Meat sandwich, baked Cheetos, grape/cheese cube skewers, flavored water

5
Leftover pizza, cherry tomatoes with dill dip, raisins, chocolate soy milk

6
Cubed ham, whole-grain crackers, zucchini sticks with ranch dressing, Rice Krispie bar, milk

7
Tuna-salad sandwich on whole-grain bread, dried fruit, sliced cucumbers, milk

8
Vegetable soup in a thermos, crackers with peanut butter, sliced peaches, yogurt

9
Two or three mini-muffins, string cheese, carrot/celery sticks with ranch dressing, fruit in Jell-O, milk

10
Sliced turkey, avocado, lettuce, tomato on bun, chunked pineapple, raspberry Fig Newtons, flavored water

11
Soup in a thermos, string cheese, whole-grain crackers, broccoli florets with ranch dressing, pudding, 100% fruit juice

12
Wrap in a tortilla: thin sliced meat, sliced cheese, shredded carrots, ranch dressing; applesauce cup, Danimals smoothie

13
Whole-grain crackers with cheese, fruit and vegetable skewers, oatmeal-raisin cookies, 100% fruit juice

14
Peanut butter and jelly on bread, sliced peaches, yogurt, 2 small cookies, water

15
Peanut butter and apple butter on whole-wheat bread, pretzels, mandarin orange segments, yogurt

16
Wrap in a tortilla: chicken breast strips, cheese, veggies, dressing; seedless grapes, ginger snaps, chocolate milk

17
Whole-wheat meat & cheese sandwich, baked chips, snap peas & ranch dip, 100% juice

18
Dry cereal to mix into yogurt, dried fruit, graham crackers with cream cheese, flavored water

19
Tuna or chicken salad in pita bread, pickle, fresh or canned pear, pudding cup, water

20
Sub sandwich made on a hot dog bun, chips, sliced cucumbers, 100% fruit juice

21
String cheese, Newman's Own Spelt pretzels, Apple, V8 V-Fusion

22
Banana wrapped in tortilla spread with peanut butter, baby carrots and a Silk Soymilk drink box.

23
Sliced Ham or Turkey wrapped in whole wheat tortilla with honey mustard dressing and lettuce, grapes, Go-Gurt, Flavored water

24
Drinkable yogurt smoothie, 2-3 mini muffins, fresh strawberries

25
Hummus, shredded carrot & celery wrapped in a flour tortilla, green grapes, milk

26
Turkey and cheese pita pocket, mandarin oranges, grape tomatoes and water

27
Granola bar, yogurt, fresh blueberries, chocolate chip cookie, water

28
Cheese sandwich, salad in a bag, 100% fruit juice, Annie's Chocolate Graham Bunnies

29
Leftover chicken cubed, whole-grain crackers, cheese cubes, zucchini sticks, pudding cup

30
Thermos of tomato soup, peanut butter on whole-wheat bread, 100% fruit juice

31
Celery with peanut butter and raisins, chocolate pudding cup, graham cracker sticks, water



Keep a list of what you put in your lunch each day. Refer to the list while making your weekly shopping list. Know just what to purchase to keep the habit of packing your lunch!

2009

