5-Day School Lunch Plan

Simple lunches you can pack the night before

Day	Main	Fruit	Snack	Drink
Monday	Turkey and cheese sandwich	Grapes, cut in half for little ones	Crackers	Water
Tuesday	Peanut butter and banana sandwich	Apple slices	Cheese stick	Milk
Wednesday	Pasta with butter and parmesan	Strawberries	Pretzels	Water
Thursday	Chicken nuggets	Blueberries	Cucumber slices	Milk
Friday	Ham and cheese roll ups	Orange slices	Granola bar	Water

Packing tip: Pack lunches the night before and keep the ice pack in the freezer, so mornings stay calm. Swap any item for what your child likes best. This plan is a starting point, not a rule.

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