

Back To School Lunch Plan



Main Course

SANDWICH	WRAP
SALAD	QUESSADILLA
TURKEY OR HAM ROLL UP	HUMMUS
PIZZA MUFFINS	TUNA OR CHICKEN SALAD
PEANUT BUTTER & CRACKERS	CHICKEN KABOB



Fruits & Veggies (CHOOSE 1 OF EACH)

APPLE SLICES	CARROTS
GRAPES	BROCCOLI
ORANGE SEGMENTS	PEPPER SLICES
BANANA	QUINOA SALAD
BERRIES	AVOCADO



Snack/Treat

CHEESE
PRETZELS
TRAIL MIX
COOKIES
FRUIT SNACKS

Drink

WATER
JUICE
LEMONADE
MILK