

# 2 Weeks' Worth of Kids School Lunches - Grocery list

## Produce

- Whole carrots
- Clementines
- Apples or mango
- Bananas
- Cucumbers
- Grapes
- Red pepper

## Bread / Pantry

- English muffin or bagel
- Pitas - whole wheat
- Bread
- Mac'n'cheese or pasta
- Red sauce
- Tuna
- Pancake mix
- Peanut butter
- Jelly or jam
- Canned beans
- Apple sauce
- Saltines or wheat thins

## Dairy / Deli

- Hummus
- Cheese block
- Eggs
- Yogurt
- Turkey
- Tortillas

## Frozen

- Frozen strawberries
- Frozen green peas