

2 Weeks' Worth of Kids School Lunches

Pasta	Peanut butter and jelly	Tofu and rice	Pita and hummus	Muffin/toast and eggs
1/2 c cooked pasta with red sauce or mac'n'cheese	2 slices whole wheat bread	3.5 oz tofu (about 1/4 of a 14 oz block)	1/2 whole wheat pita	1 Homemade muffin or a slice of toast
1/4 apple, sliced	1.5 tbsp peanut butter or sunflower butter	1/3 to 1/2 c cooked rice	1/2 medium carrot, cut into sticks	2 eggs, scrambled
1 oz turkey slices	1.5 tbsp jelly or honey	1/4 c frozen peas or edamame, defrosted	1/4 cucumber, sliced	1/4 strawberries or 1 clementine
1/2 medium carrot, cut into sticks	1/2 banana	1/4 apple or mango, sliced	1.5 tbps hummus	1/3 c yogurt
1/4 c green peas	1 oz turkey slices 1/4 c frozen peas		1/3 c grapes	
Pancakes	Tuna and crackers	Cracker stackables	Quesadilla and beans	Mini pizzas
2 4-inch pancakes, Kodiak cake mix	2 tbsp tuna (opt. mix in mayo)	12-16 crackers like saltines, wheat thins, or ritz	1 Tortilla	1 english muffin or bagel
1 hardboiled egg	12-16 saltines or wheat thins	1 oz cheese	1 oz cheese	1 oz grated mozzarella or cheese of your choice
2 tbsp peanut butter or sunflower butter	1/2 carrot, cut into sticks	1 oz turkey slices	1/4 c canned beans	2 tbsp red sauce
1/2 apple, sliced	1 oz cheese, cheese stick or cube 1.5 oz frozen strawberries	1/4 c apple sauce 1/6 red pepper	1 clementine OR 1/4 red pepper, sliced 1/4 of a cucumber	1 clementine 1/4 c frozen peas