

## 2 Weeks' Worth of Kids School Lunches - With Cost Breakdowns

<u>Lunch 1 - Pasta</u>		<u>Lunch 2 - Peanut butter and jelly</u>		<u>Lunch 3 - Tofu and rice</u>		<u>Lunch 4 - Pita and hummus</u>		<u>Lunch 5 - Muffin/toast and eggs</u>	
1/2 c cooked pasta with red sauce or mac'n'cheese	\$0.33	2 slices whole wheat bread	\$0.21	3.5 oz tofu (about 1/4 of a 14 oz block)	\$0.37	1/2 whole wheat pita	\$0.20	Homemade muffin or a slice of toast	\$0.21
1/4 apple, sliced	\$0.17	1.5 tsbp peanut butter or sunflower butter	\$0.16	1/3 to 1/2 c cooked rice	\$0.06	1/2 medium carrot, cut into sticks	\$0.10	2 eggs, scrambled	\$0.20
1 oz turkey slices	\$0.13	1.5 tsbp jelly or honey	\$0.11	1/4 c frozen peas or edamame, defrosted	\$0.17	1/4 cucumber, sliced	\$0.17	1/4 strawberries or 1 clementine	\$0.25
1/2 medium carrot, cut into sticks	\$0.10	1/2 banana	\$0.12	1/4 apple or mango, sliced	\$0.25	1.5 tbps hummus	\$0.23	1/3 c yogurt	\$0.27
<b>Total</b>	<b>\$0.73</b>	1 oz turkey slices	\$0.13	<b>Total</b>	<b>\$0.85</b>	1/3 c grapes	\$0.22	<b>Total</b>	<b>\$0.93</b>
		1/4 c frozen peas	\$0.10			<b>Total</b>	<b>\$0.92</b>		
		<b>Total</b>	<b>\$0.83</b>						
<u>Lunch 6 - Pancakes</u>		<u>Lunch 7 - Tuna and crackers</u>		<u>Lunch 8 - Cracker stackables</u>		<u>Lunch 9 - Quesadilla and beans</u>		<u>Lunch 10 - Mini pizzas</u>	
2 4-inch pancakes, Kodiak cake mix	\$0.40	2 tsbp tuna (opt. mix in mayo)	\$0.15	12-16 crackers like saltines, wheat thins, or ritz	\$0.29	Tortilla	\$0.18	1 english muffin or bagel	\$0.28
1 hardboiled egg	\$0.10	12-16 saltines or wheat thins	\$0.29	1 oz cheese	\$0.19	1 oz cheese	\$0.19	1 oz grated mozzarella or cheese of your choice	\$0.19
2 tsbp peanut butter or sunflower butter	\$0.15	1/2 carrot, cut into sticks	\$0.10	1 oz turkey slices	\$0.13	1/4 c canned beans	\$0.17	2 tsbp red sauce	\$0.08
1/2 apple, sliced	\$0.29	1 oz cheese, cheese stick or cube	\$0.19	1/4 c apple sauce	\$0.17	1 clementine OR 1/4 red pepper, sliced	\$0.25	1 clementine	\$0.25
<b>Total</b>	<b>\$0.94</b>	1.5 oz frozen strawberries	\$0.21	1/6 red pepper	\$0.17	1/4 of a cucumber	\$0.17	1/4 c frozen peas	\$0.17
		<b>Total</b>	<b>\$0.94</b>	<b>Total</b>	<b>\$0.95</b>	<b>Total</b>	<b>\$0.96</b>	<b>Total</b>	<b>\$0.97</b>