

4 Week

Assemble-and-Serve Lunch Plan



Lunch Plan – Week 1

M Monday – Lunch

1. Turkey sandwich
2. Orange
3. Cherry tomatoes
4. Plain milk or fortified alternative

T Tuesday – Lunch

1. Canned vegetable soup
2. Cheese string
3. Bun
4. Apple
5. Plain milk or fortified alternative

W Wednesday – Lunch

1. Quinoa Salad Bar:
 - Quinoa • Chickpeas
 - Feta cheese • Tomatoes
 - Cucumbers • Sunflower seeds
 - Dressing
2. Plain milk or fortified alternative

T Thursday – Lunch

1. Pita
2. Hummus packet
3. Mini cucumbers
4. Plain milk or fortified alternative

F Friday – Lunch

1. Bagel
2. Seed butter
3. Dried cranberries
4. Plain milk or fortified alternative



Lunch Plan – Week 2

M Monday – Lunch

1. Hummus packet
2. Crackers
3. Baby carrots
4. Yogurt
5. Plain milk or fortified alternative

T Tuesday – Lunch

1. Chef Salad Bar:
 - Lettuce • Hard boiled eggs
 - Cheese • Cucumbers
 - Grape tomatoes • Dressing
2. Plain milk or fortified alternative

W Wednesday – Lunch

1. Bun
2. Mini cucumbers
3. Cheese
4. Orange
5. Plain milk or fortified alternative

T Thursday – Lunch

1. Electric Skillet Breakfast Sandwich
2. Snap peas
3. Apple
4. Plain milk or fortified alternative

F Friday – Lunch

1. Rice cakes
2. Guacamole package
3. Banana
4. Yogurt
5. Plain milk or fortified alternative



Lunch Plan – Week 3

M Monday – Lunch

1. Taco Salad Bar:
 - Ground beef • Beans • Lettuce
 - Tomato • Grated cheese • Salsa
 - Tortilla chips
2. Plain milk or fortified alternative

T Tuesday – Lunch

1. Tuna sandwich
2. Apple
3. Mini cucumbers
4. Plain milk or fortified alternative

W Wednesday – Lunch

1. Whole grain crackers
2. Cheese
3. Banana
4. Yogurt
5. Plain milk or fortified alternative

T Thursday – Lunch

1. Glory Bowl Bar:
 - Rice • Spinach • Grated carrots
 - Grated beets • Tofu
 - Pumpkin seeds • Dressing
2. Plain milk or fortified alternative

F Friday – Lunch

1. Hummus
2. Mini carrots
3. Pita
4. Orange
5. Plain milk or fortified alternative



Lunch Plan – Week 4

M Monday – Lunch

1. Bannock w/ salmon salad
2. Banana
3. Plain milk or fortified alternative

T Tuesday – Lunch

1. Guacamole packet
2. Crackers
3. Apple
4. Cheddar cheese
5. Granola bar
6. Plain milk or fortified alternative

W Wednesday – Lunch

1. Cheese bun
2. Hard-boiled egg
3. Fruit cup
4. Yogurt
5. Plain milk or fortified alternative

T Thursday – Lunch

1. Multigrain bun
2. Cucumbers
3. Pear
4. Chickpeas
5. Granola bar
6. Plain milk or fortified alternative

F Friday – Lunch

1. Caesar Salad Bar:
 - Romaine • Baby kale • Chicken
 - Roasted Chickpeas • Croutons
 - Dressing
2. Plain milk or fortified alternative

