

4 Week

Grab'n Go Lunch Plan



Lunch Plan – Week 1

M Monday – Lunch

1. Tuna cup
2. Crackers
3. Orange
4. Plain milk or fortified alternative

T Tuesday – Lunch

1. Banana
2. Whole grain bun
3. Seed butter packet
4. Plain milk or fortified alternative

W Wednesday – Lunch

1. Apple
2. Cheese
3. Whole grain bun
4. Plain milk or fortified alternative

T Thursday – Lunch

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

F Friday – Lunch

1. Bagel
2. Cottage cheese
3. Dried apple rings
4. Plain milk or fortified alternative



Lunch Plan – Week 2

M Monday – Lunch

1. Hummus packet
2. Crackers
3. Grape tomatoes
4. Plain milk or fortified alternative

T Tuesday – Lunch

1. Hard-boiled egg
2. Multigrain bun
3. Apple
4. Plain milk or fortified alternative

W Wednesday – Lunch

1. Grab'n Go Trail mix
2. Cheese string
3. Fruit cup
4. Plain milk or fortified alternative

T Thursday – Lunch

1. Seed butter
2. Tortilla
3. Baby carrot package
4. Plain milk or fortified alternative

F Friday – Lunch

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



Lunch Plan – Week 3

M Monday – Lunch

1. Applesauce
2. Cheese bun
3. Hard boiled egg
4. Plain milk or fortified alternative

T Tuesday – Lunch

1. Tuna cup
2. Tortilla wrap
3. Mini cucumbers
4. Plain milk or fortified alternative

W Wednesday – Lunch

1. Bagel
2. Seed butter packet
3. Fruit cup
4. Plain milk or fortified alternative

T Thursday – Lunch

1. Blueberry bran muffin
2. Yogurt cup
3. Mini carrots
4. Plain milk or fortified alternative

F Friday – Lunch

1. Cheese string
2. Whole grain crackers
3. Snap peas
4. Granola bar
5. Plain milk or fortified alternative



Lunch Plan – Week 4

M Monday – Lunch

1. Tortilla Wrap
2. Nut or seed butter packet
3. Banana
4. Plain milk or fortified alternative

T Tuesday – Lunch

1. Guacamole packet
2. Crackers
3. Grapes
4. Cheese string
5. 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. Tuna cup
2. Multigrain bun
3. Pear
4. Granola bar
5. Plain milk or fortified alternative

F Friday – Lunch

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

