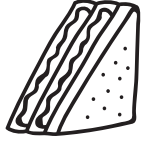
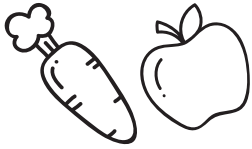




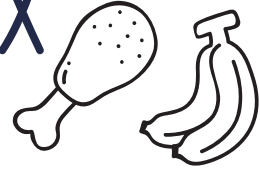
BACK TO SCHOOL
WEEKLY LUNCHBOX
PLANNER & NOTES

ASTORYBOOKDAY.COM

WEEKLY LUNCHBOX PLANNER



Week: _____



FRUIT & VEG
MILKS
SNACKS
BEV/S
MON

FRUIT & VEG
MILKS
SNACKS
BEV/S
TUE

FRUIT & VEG
MILKS
SNACKS
BEV/S
WED

FRUIT & VEG
MILKS
SNACKS
BEV/S
THU

FRUIT & VEG
MILKS
SNACKS
BEV/S
FRI

FRUIT & VEG
MILKS
SNACKS
BEV/S
SAT

FRUIT & VEG
MILKS
SNACKS
BEV/S
SUN

LUNCHBOX IDEAS



MAINS

- MINI CORNDOGS
- TUNA SANDWICH
- SPAGHETTI & MEATBALLS
- PASTA SALAD
- PITA BREAD WITH HUMMUS & VEGGIE FILLING
- QUESADILLA
- CHICKEN NUGGETS
- CHICKEN SALAD
- YOGURT & GRANOLA
- QUINOA SALAD
- BAGEL & CREAM CHEESE
- CHEESE & CRACKERS
- ENGLISH MUFFIN
- CHICKEN SOUP
- CHILI
- GRILLED CHEESE SANDWICH
- HARD-BOILED EGGS
- MAC & CHEESE
- PIZZA
- TUNA SALAD
- VEGGIE BURGERS
- _____
- _____
- _____
- _____
- _____

FRUIT & VEG

- APPLES
- AVOCADO
- BABY CARROTS
- BANANAS
- BLUEBERRIES
- BEANS
- CUCUMBERS
- CHERRY TOMATOES
- CELERY
- CHERRIES
- CORN
- DRIED FRUIT
- FRUIT CUP
- HUMMUS
- KIWI
- MELON
- PEACHES
- PINEAPPLE
- RAISINS
- RASPBERRIES
- SLICED ORANGES
- SNAP PEAS
- STRAWBERRIES
- WATERMELON
- _____
- _____
- _____
- _____
- _____

SNACKS

- CHEESE
- COOKIES
- CRACKERS
- FRUIT SNACKS
- GOLDFISH CRACKERS
- GRANOLA BARS
- MUFFINS
- MINI CUPCAKES
- POPCORN
- PRETZELS
- PUDDING
- RICE CAKES
- RICE KRISPIE TREAT
- TORTILLA CHIPS
- TRAIL MIX
- VEGGIE STICKS
- YOGURT
- _____
- _____
- _____

BEVERAGES

- JUICE
- MILK
- SMOOTHIES
- WATER
- _____
- _____