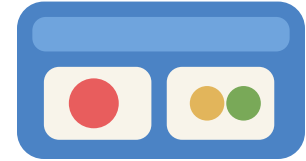


5-DAY SCHOOL LUNCH PLAN

Detailed first-week lunchbox plan • quick • affordable • kid-friendly



DAY 1

Familiar First Day

EASY

MAIN	Turkey + cheese sandwich
PRODUCE	Apple slices + cucumber
SNACK	Crackers + cheese
DRINK	Water
NIGHT-BEFORE	Pack sandwich, wash fruit and freeze ice pack.
TIP	Keep day one familiar. Avoid testing several new foods.

DAY 2

Simple Wrap Day

QUICK

MAIN	Turkey + cheese tortilla wrap
PRODUCE	Grapes + carrots
SNACK	Pretzels
DRINK	Water
NIGHT-BEFORE	Roll wrap, portion sides and refrigerate if needed.
TIP	Cut the wrap into small pinwheels for easy eating.

DAY 3

Quesadilla Day

KID-FRIENDLY

MAIN	Cheese quesadilla wedges
PRODUCE	Clementine + cucumber
SNACK	Yogurt
DRINK	Water
NIGHT-BEFORE	Make quesadilla, cool it fully, then pack.
TIP	Use foods your child already accepts.

DAY 4

Leftover Lunch

BUDGET

MAIN	Leftover chicken or pasta
PRODUCE	Fruit of choice + vegetables
SNACK	Crackers
DRINK	Water
NIGHT-BEFORE	Reserve a lunch portion from dinner before cleanup.
TIP	Ingredient overlap saves both time and money.

DAY 5

DIY Lunch Box

FLEXIBLE

MAIN	Turkey, cheese and crackers
PRODUCE	Grapes + cucumber
SNACK	Fruit or yogurt
DRINK	Water
NIGHT-BEFORE	Set several small portions into separate sections.
TIP	A mix-and-match box works well for selective eaters.

FOOD SAFETY

Use an insulated lunch bag and frozen ice pack for foods that need refrigeration.

5-day practical lunch rotation