

Mix and Match Lunchbox

Save
a lot
food stores















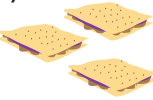


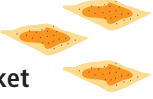




Month of Lunches
Menu



Mix and Match Lunchbox



Cut out your favorite lunches below and paste them to the calendar as you plan out delicious, healthy, and affordable lunches for the entire month!

<ul style="list-style-type: none"> • Peanut butter and banana roll-up on a tortilla • Applesauce • Milk in a thermos 	<ul style="list-style-type: none"> • Lunchmeat sandwich with lettuce and veggies • Raisins • Water with Wyler's Packet 	<ul style="list-style-type: none"> • Soup in a thermos with crackers • Fruit (banana) • Water 	<ul style="list-style-type: none"> • Hot dog in a bun • Fruit (grapes) • Capri Sun 	<ul style="list-style-type: none"> • Cheese quesadilla on a tortilla • Fruit (apple) • 100% fruit juice in a thermos 
<ul style="list-style-type: none"> • Dinner re-do (chicken nuggets, pizza, tacos, etc.) • Fruit (canned peaches) • Water 	<ul style="list-style-type: none"> • Lunchmeat roll-up on a tortilla w/cheese and lettuce • Fruit (banana) • Water w/Wyler's Packet 	<ul style="list-style-type: none"> • Peanut butter and jelly sandwich • Pretzels • Milk in a thermos 	<ul style="list-style-type: none"> • Mini raviolis in a thermos • Fruit (apple) • 100% fruit juice in a thermos 	<ul style="list-style-type: none"> • Chef salad (lettuce with kids' choice of meat, cheese, and veggies) • Crackers • Capri Sun 
<ul style="list-style-type: none"> • Hot dog roll-up with cheese • Applesauce • Pretzels • Water with Wyler's packet 	<ul style="list-style-type: none"> • Spaghetti and meatballs in a thermos • Baby carrot sticks • 100% fruit juice in a thermos 	<ul style="list-style-type: none"> • Peanut butter and jelly mini sandwiches (on crackers) • Raisins • Capri Sun 	<ul style="list-style-type: none"> • Dinner re-do (chicken nuggets, pizza, tacos, etc.) • Fruit (canned peaches) • Water 	<ul style="list-style-type: none"> • Fruit salad (made with fresh seasonal fruit) • Peanut butter and crackers • Milk in a thermos 
<ul style="list-style-type: none"> • Cheese and crackers plus an apple w/peanut butter • Pretzels • Water with Wyler's packet 	<ul style="list-style-type: none"> • Beans and franks in a thermos • Applesauce • Milk in a thermos 	<ul style="list-style-type: none"> • Cheese sandwich • Baby carrot sticks • Water 	<ul style="list-style-type: none"> • Peanut butter and jelly roll-up on a tortilla • Raisins • 100% fruit juice in a thermos 	<ul style="list-style-type: none"> • Dinner re-do (chicken nuggets, pizza, tacos, etc.) • Fruit (apple) • Capri Sun 



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NAME: _____

MONTH: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

