

SCHOOL LUNCH PLANNER



STEP 1: Decide on 5 foods for each category

WEEK OF:

	1	2	3	4	5
MAIN	Turkey & Cheese Rollups	Mac & Cheese	Chicken sausage on a roll	Homemade mini pizza	DIY lunchable
VEG	baby carrots	cherry tomatoes	celery	snap peas	cut-up beets
FRUIT	apple	clementine	grapes	banana	fruit salad
PROTEIN	nuts	cheese stick/slices	almond butter w/crackers	yogurt	protein balls
DESSERT	fruit dip	cookie	mini muffin	pudding	fruit snack

STEP 2: Fill in food choices

↓ WEEK 1 ↓

	M	T	W	T	F
M	TURKEY & CHEESE ROLLUPS	COOKIE	ALMOND BUTTER W/ CRACKERS	BANANA	CUT-UP BEETS
T	BABY CARROTS	MAC & CHEESE	MINI MUFFIN	YOGURT	FRUIT SALAD
W	APPLE	CHERRY TOMATOES	CHICKEN SAUSAGE ON ROLL	PUDDING	PROTEIN BALLS
T	NUTS	CLEMENTINE	CELERY	HOMEMADE MINI PIZZA	FRUIT SNACK
F	FRUIT DIP	CHEESE STICK	GRAPES	SNAP PEAS	DIY LUNCHABLE

↓ WEEK 2 ↓

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STEP 1: Decide on 5 foods for each category

WEEK OF: _____

	1	2	3	4	5
MAIN					
VEG					
FRUIT					
PROTEIN					
DESSERT					

STEP 2: Fill in food choices

↓ WEEK 1 ↓

	M	T	W	T	F
M	MAIN 1	DESSERT 2	PROTEIN 3	FRUIT 4	VEG 5
T	VEG 1	MAIN 2	DESSERT 3	PROTEIN 4	FRUIT 5
W	FRUIT 1	VEG 2	MAIN 3	DESSERT 4	PROTEIN 5
T	PROTEIN 1	FRUIT 2	VEG 3	MAIN 4	DESSERT 5
F	DESSERT 1	PROTEIN 2	FRUIT 3	VEG 4	MAIN 5

↓ WEEK 2 ↓

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STEP 1: Decide on 5 foods for each category

WEEK OF: _____

	1	2	3	4	5
MAIN					
VEG					
FRUIT					
PROTEIN					
DESSERT					

STEP 2: Fill in food choices

↓ WEEK 1 ↓

	M	T	W	T	F
M	MAIN 1	DESSERT 2	PROTEIN 3	FRUIT 4	VEG 5
T	VEG 1	MAIN 2	DESSERT 3	PROTEIN 4	FRUIT 5
W	FRUIT 1	VEG 2	MAIN 3	DESSERT 4	PROTEIN 5
T	PROTEIN 1	FRUIT 2	VEG 3	MAIN 4	DESSERT 5
F	DESSERT 1	PROTEIN 2	FRUIT 3	VEG 4	MAIN 5