

# BACK TO SCHOOL LUNCHBOX PREP

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## LUNCH PANTRY

Start 4 weeks out from the first day of school

### SNACKS AND EXTRAS

Shelf-stable fruit cups, applesauce, pouches

Shelf-stable milks, nut milks or juices if you serve them

Granola bars, popcorn, trail mixes, cereals, whole grain crackers, fruit leathers, dried fruits

### FREEZABLES

Extra loaves of breads, tortillas, English muffins, bagels

Single servings of soup, or chili

Pizza bagels, chicken tenders, breakfast burritos, muffin tin meatloaves or quiches, pancakes or waffles

### EMERGENCY ITEMS

Cans of tuna or salmon

Jerkies

Boxed macaroni and cheese

Nut or seed butters

Oatmeal

Rice, beans, lentils

## FRESH ITEMS

Get the kids to help you start lists 2 weeks before the first day of school

### PROTEINS

Eggs (for egg salad, hard boiled, egg and cheese wraps)

Grilled or rotisserie chicken, ham, turkey, roast beef, ground beef or turkey, bacon

Hummus, bean dips

Smoked salmon

Tofu, meat substitutes

### FRUITS AND VEGETABLES

Carrots, celery, green beans, grape tomatoes, cucumbers, bell peppers

Broccoli, cauliflower, butternut squash, sweet potatoes, corn

Salad greens, kale chips

Bananas, berries, apples, citrus, pomegranates, plums, melon

### DAIRY

Yogurt, cottage cheese, skyr, drinkables and smoothies

Cheese (sticks, slices, single-serve packages)

Cream cheese, goat cheese and spreadables

## GET MORE LUNCH-PACKING TIPS AND IDEAS

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