

# • 5 SCHOOL LUNCHES •

*your kids can make for themselves*

*monday*

## **PB & Berries**

Whole Grain Bread with Peanut Butter

I use Simply Balanced (*check ingredients list for peanuts only*)

Peanut allergies? Simply Balanced has almond and cashew butter

Blueberries, strawberries & raspberries - leave whole or smooch 'em

Drizzle with a bit of honey and top with the second piece of bread

Serve with veggie sticks and grapes

*tuesday*

## **Chicken Cheese Skewers**

Chunks of chicken

Chunks of cheese

Olives or a grape tomatoes

Let the kids thread the ingredients onto toothpicks

Dessert: strawberries & green grapes on a toothpick

*wednesday*

## **Pizza Construction**

Whole grain english muffin

Pasta sauce

Olives

Tomato slice

Spinach leaves

Grated cheese

Let the kids assemble - depending on their age, you or they place into a toaster oven or under the broiler of the oven. Pack in foil once it's cooled

*thursday*

## **Salad Bar**

Separate out into bowls. Let them load up on the ones they like the most.

Shredded lettuce greens

Celery, sliced

Hard boiled egg

Broccoli

Beans (can of black or cannellini beans - or blanched green beans)

Have a small container of dressing already pre-measured

Carrot matchsticks

Tomatoes

Shredded cheese

Cucumber

*friday*

## **Nacho Friday!**

There are some excellent choices of organic corn tortilla chips now.

Simply Balanced makes blue, yellow and white corn chips. Yay!

Refried Beans

Olives

Salsa

Cheese

Sour Cream

If you have any leftover chicken or beef, shred it. Works GREAT on nachos

Thank you for downloading a Now Go Cook resource.  
For more downloads, recipes, and whole food lifestyle tips, go to

[www.NowGoCook.com](http://www.NowGoCook.com)