

lunch planning ::

sandwiches

outside	inside
bagel crackers english muffin french toast pancake pita bread sandwich bread tortilla waffle	almond butter apple butter nut butter cream cheese honey jam (spreadable fruit) ketchup mayonnaise/mustard peanut butter pizza or tomato sauce chicken salad egg salad lettuce tuna salad

other main dishes

cheese chicken nuggets hardboiled egg nitrite-free hot dogs rice and gravy leftovers soup	apple with peanut butter ants on a log pizza slice mashed potatoes and gravy yogurt
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fruits/veggies

carrots, shredded apple slices whole apple, plum, peach carrot slices celery sticks pineapple chunks	applesauce banana cut up orange slices cucumber slices grape tomatoes raisins
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treats

brownies granola bars chocolate chip cookies yogurt parfait popcorn pretzels	sugar cookies peanut butter cookies black bean brownies graham crackers with nutella cheese crackers
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