

A collage of various kid-friendly lunch items. The items include: a bowl of red soup, a plate of carrots and cheese sticks, a plate of penne pasta with sauce and cheese, a green tray with strawberries and carrots, a plate of bread and cheese, a plate of grapes and strawberries, a plate of croissants, a plate of lentil soup, a plate of grapes and an orange slice, a plate of dumplings, and a plate of bread. The text "KIDS LUNCH PLAN" is centered over the collage, with "LITTLE LUNCH LOVE" below it.

KIDS LUNCH PLAN

LITTLE LUNCH LOVE

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JENNIFER KALYNUIK



@little_lunch_love



www.littlelunchlove.com



littlelunchlove@gmail.com

Hi Mamas,

Jenny here from Little Lunch Love popping back in to create this weeks lunch plan for you! I'm keeping it simple with some of my favourite go-to lunches including Lentil Soup, Cheese Quesadillas and Pepperoni Pizza Kabobs.

The sides I suggest are always just that, suggestions. Feel free to sub any of them with your little's favourite fruits & veggies, baked goods or snack bars.

A few tip's for this week:

- There's a variety of carbs in this week's plan but don't worry, you can keep unused pieces fresh for later use by storing them in the freezer!
- My little's can eat their penne in tomato sauce cold but if yours like it hot pack it in a thermos. Make sure you preheat it first (fill it with boiling hot water for 5-7 min) before filling it with the hot pasta!
- If you make the lentil soup the night before (maybe a double batch so you can enjoy it for dinner too) separate the lentils and the broth before storing overnight because the lentils will absorb all the liquid by morning.

Enjoy the week mamas and happy lunch packing!

~ Jenny

LITTLE LUNCH LOVE

Monday

Pepperoni Pizza Kabobs
& Tomato Sauce (or Ketchup)
Mandarin Orange & Grapes
Baby Carrots
Mini Muffin

Tuesday

Penne in Tomato Sauce
Mozzerella Cheese Stars
Strawberries & Baby Carrots
Mini Muffin with Sprinkles

Wednesday

Cheese Quesadillas with Salsa & Guacamole
Baby Carrots & Dip
1/2 Apple
Mini Muffin (or Granola Bar)

Thursday

Lentil Soup
Fresh Croissant
Baby Carrots
Blackberries
Green Apple Slices (or Grapes)

Friday

Sunflower Butter & Jelly Dumpling Sandwiches
Leftover Fruit & Veggies from the Week
Granola Bar or Baked Good

*Note: I've added "or" options to repeat fruits & veggies throughout the week
and keep the grocery shopping list to a minimum.*

HERE'S WHAT YOU'LL NEED

Fruits & Veggies

- Mandarin Oranges
- Grapes
- Black Berries
- Strawberries
- Apples
- Baby Carrots
- Celery
- Cucumber (or another Veggie)
- 1 Small Cooking Onion
- 1 Small White Potato
- Garlic

Meat & Fish

- Pepperoni Slices or Sticks

Dairy & Eggs

- Mozzarella Cheese
- Tex Mex Shredded Cheese

Wednesday Lunch



Cheese Quesadillas

Misc

- Mini Naan Bread (or regular)
- Tortilla Wraps
- Mini Croissants
- Soft Sandwich Bread
- Muffin Mix
- Penne Noodles
- Dry Green Lentils
- Tomato Pasta Sauce
- Small Can Crushed Tomatoes
- 6 Cups Vegetable Broth
- Guacamole
- Salsa
- Veggie Dip
- Honey
- Sprinkles
- Granola or Snack Bars
- Sunflower Butter
- Jelly
- White Vinegar
- Bay Leaf

RECIPES

Lentil Soup

Ingredients:

1 small onion, chopped	1 small can crushed tomatoes
1 small white potato, chopped	2 cups dry green lentils
2 stalks celery, chopped	1 bay leaf
2 carrots (or handful of baby carrots) chopped	2 tbs white vinegar
2 cloves garlic, minced	2 tbs olive oil
6 cups vegetable Broth	salt & pepper to taste

Directions:

In a large soup pot, heat oil over medium heat. Add onions, carrots, potato and celery; cook and stir until onion is tender. Stir in garlic and bay leaf and cook until garlic is fragrant.

Stir in lentils, and add vegetable broth and tomatoes. Bring to a boil. Reduce heat, and simmer for at least 1 hour. Stir in vinegar, and season to taste with salt and pepper.

Thursday Lunch



[Click here](#)

to view this recipe
on littlelunchlove.com

RECIPES

Pepperoni Pizza Kabobs

Ingredients:

6 bite-size cubes of focaccia bread
6 bite-size mozzarella cubes
1 pepperoni stick cut into 6 bite-size pieces (or pepperoni slices)

Directions:

Thread ingredients alternately onto 3 small skewers

Monday Lunch



Mini Muffins with Sprinkles

Ingredients:

mini muffins – store bought, from a mix or homemade ([Click here for a recipe](#))
honey
sprinkles

Directions:

Drizzle muffins with runny honey and top with sprinkles!

Tuesday Lunch



Sunflower & Jelly Sandwich Dumplings

Ingredients:

soft sandwich bread
sunflower butter
Jelly

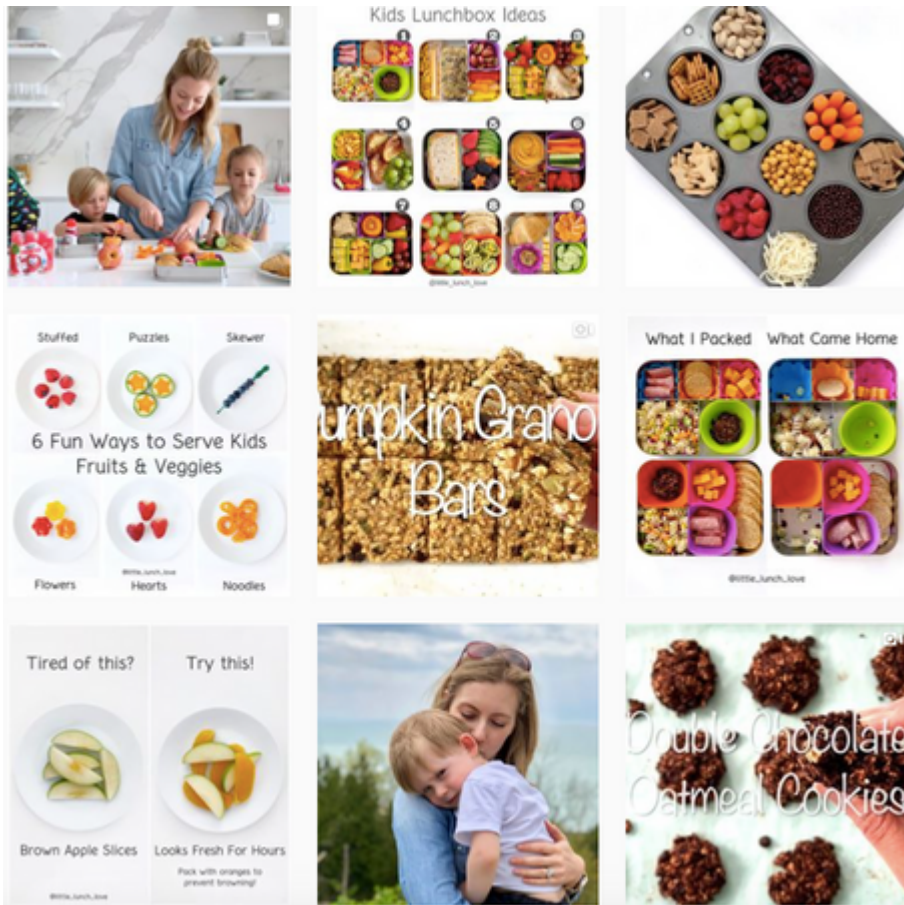
Directions:

Cut bread into a circle using a cookie cutter or the rim of a glass.
Flatten bread with a rolling pin or the side of a glass.
Fill with sunflower butter and jelly but be careful not to overfill!
Fold in half and seal edge with a fork.

Friday Lunch



LITTLE LUNCH LOVE



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For more lunch ideas & recipes
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@lll.littlelunchlove

Have a question or comment?
Send me (Jenny) an email at littlelunchlove@gmail.com