



KIDS LUNCH PLAN

LITTLE LUNCH LOVE

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Hi Mamas,

I hope you've been loving these lunch plans!

I'm keeping this week nice and simple with Bagels & Cream Cheese, Chicken Cutlets, Meatball Sliders, Soup and Grilled Cheese! To save time I'm buying my meatballs and cutlets prepared from the grocery store and using a great Granola Bar Mix from Made with Local to make homemade school-safe granola bars.

The Real Food Bar MIX was made by a mom for moms who want to bake healthy recipes fast! It requires just three ingredients: bar mix, seed butter (or pumpkin puree) and honey!

Click here to learn more about the mix (\$6.95) and SAVE 20% with code LLL20

Enjoy the week mamas and happy lunch packing!

~ Jenny



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Monday

Leftovers!

Chicken Cutlets & Corn

Strawberries

Made with Local Granola Bar

Tuesday

Meatball Sliders

Strawberries, Grapes & Cucumbers

Yogurt & Sprinkles

Wednesday

Bagel with Cream Cheese

Strawberries, Grapes & Cucumbers

Made with Local Granola Bar

Thursday

Egg Drop Chicken Noodle Soup

Grilled Cheese or Crackers

Strawberries, Grapes & Orange Slices

Baby Carrots & Dip

Friday

Grilled Cheese with Ketchup

Leftover Fruits & Veggies from the Week

Made with Local Granola Bar

Note: 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.

HERE'S WHAT YOU'LL NEED

Fruits & Veggies

- Mandarin Oranges
- Grapes
- Strawberries
- Baby Carrots
- Cucumber
- Fresh Corn (or Canned)
- Celery
- 1 Small Cooking Onion
- Garlic

Meat & Fish

- Chicken Cutlets
- Meatballs

Dairy & Eggs

- Mozzarella Cheese
- Cheddar Cheese
- Cream Cheese
- Eggs
- Vanilla Greek Yogurt

Misc

- Made with Local Real Food Bar Mix ([Click Here to buy](#))
- Sunflower Seed Butter
- Honey
- Mini Buns (you can sub with bagel pieces too)
- Pickles
- Ketchup
- Sprinkles
- Bagels
- Bread for grilled cheese
- 3 Cups Chicken Stock
- Penne Noodles
- Canned Corn (if you didn't buy fresh)

Friday Lunch



Grilled Cheese

RECIPES

Egg Drop Chicken Noodle Soup

Ingredients:

1/4 cup chopped white onion
1/4 cup chopped celery
1/4 cup carrot
2 cloves garlic, finely chopped
3 cups chicken stock

2 eggs, beaten
cooked penne noodles
1 tablespoon olive oil
salt + pepper to taste

Directions:

in a large saucepan, heat oil over medium heat. add onions, sauté 2 minutes. add garlic, sauté 1 minute. Add celery, carrots and chicken stock. bring to a boil, then simmer for 15 minutes.

Meanwhile, crack eggs in a bowl and beat with a whisk. While stirring soup gently with a spoon, slowly add eggs into soup. add penne noodles, salt + pepper to taste. TIP i like to cut noodles in half to make them bite size

Thursday Lunch



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RECIPES

Monday Lunch

Chicken Cutlets & Corn

You can make your own cutlets or buy them prepared from the grocery store.



Tuesday Lunch

Meatball Sliders

Create mini sliders by threading a mini burger bun (or chunks of bagel) onto a skewer along with a slice of cheddar cheese and a pickle slice. Serve with a side of ketchup.



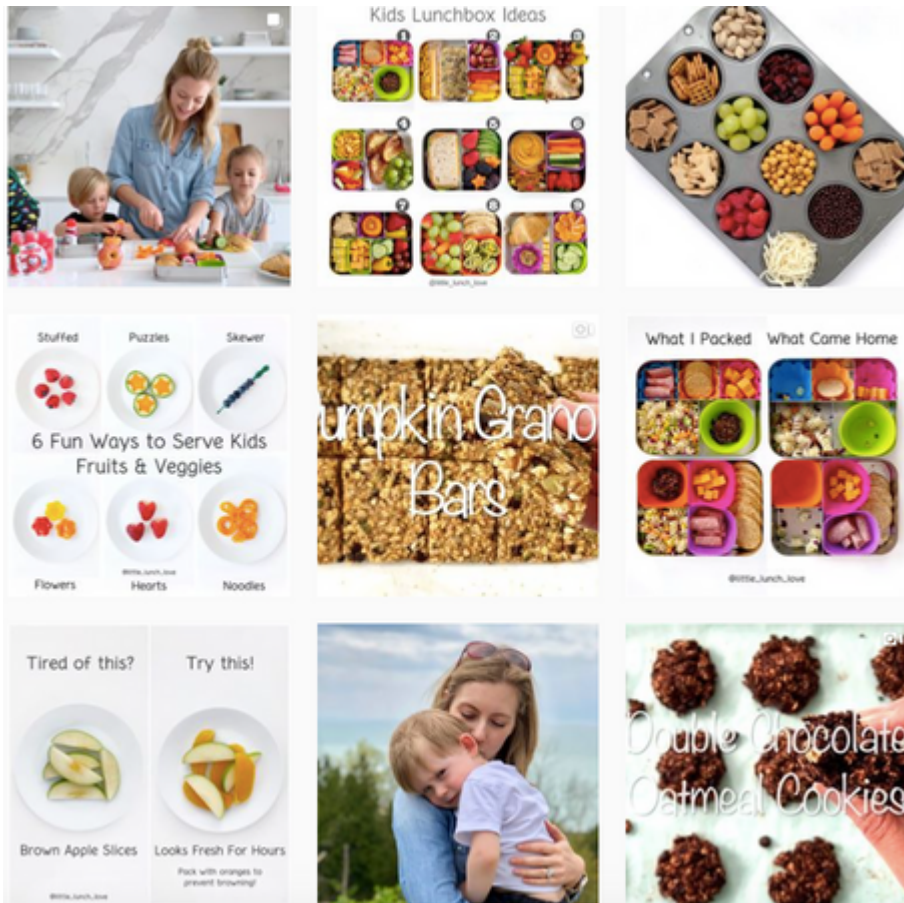
Wednesday Lunch

Bagel with Cream Cheese

Tip: Separate bread from fruit to keep it from getting soggy.



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For more lunch ideas & recipes
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Have a question or comment?
Send me (Jenny) an email at littlelunchlove@gmail.com