



KIDS LUNCH PLAN



LITTLE LUNCH LOVE

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Monday

Pierogis
Yogurt with Sprinkles
Apple & Cucumber Slices
Crackers

Tuesday

French Toast with Maple Syrup
Grapes, Blueberries & Carrots
Chocolate Covered Pretzels

Wednesday

Meatballs with Ketchup
Tortilla Chips
Grapes & Cheese

Thursday

Hard Boiled Egg
Carrots & Hummus
Grapes, Dried Cranberries
Waffle Cookies or Crackers

Friday

Nut Butter & Jelly Sandwich
Cucumber & Apple Slices
Blueberries, Dried Cranberries
Pretzels, Tortilla Chips or Crackers

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

- Cucumbers
- Carrots
- Blueberries
- Apples
- Grapes

Meat & Fish

- Meatballs (homemade or store bought)

Dairy & Eggs

- Greek Yogurt
- Eggs
- Cheese (your littles favourites)

Misc

- Pierogis (Frozen)
- Hummus
- Sandwich Bread
- Tortilla Chips
- Crackers and/or Pretzels
- Dried Cranberries
- Cookies
- Chocolate Covered Pretzels
- Seed Butter
- Jelly
- Maple Syrup
- Ketchup
- Sprinkles

RECIPES

Monday Lunch

Pierogis

Pierogis make a quick and filling lunch. Make them the night before (I like to fry them quickly after boiling to make them less sticky) and serve them with a side of sliced cucumbers, apples and greek yogurt with sprinkles (for colour & fun).



Tuesday Lunch

French Toast

This is easily my favourite lunch to make. It's also my kids favourite lunch to eat. Pack it the night before (let toast cool first so it doesn't get soggy) and cut french toast into strips so that kids can eat them with their hands.



Wednesday Lunch

Meatballs

My kids don't mind eating meatballs cold but if your kids like them hot pack them in a thermos. Here I've served them with a side of ketchup, tortilla chips and shredded cheese (their favourite).



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RECIPES

Thursday Lunch

Boiled Egg with Carrots & Hummus

When I'm not sure what to pack I turn to eggs. Here I've served a boiled egg but if your kids don't love boiled eggs try serving them scrambled eggs in a thermos. Or make a fried egg sandwich.



Friday Lunch

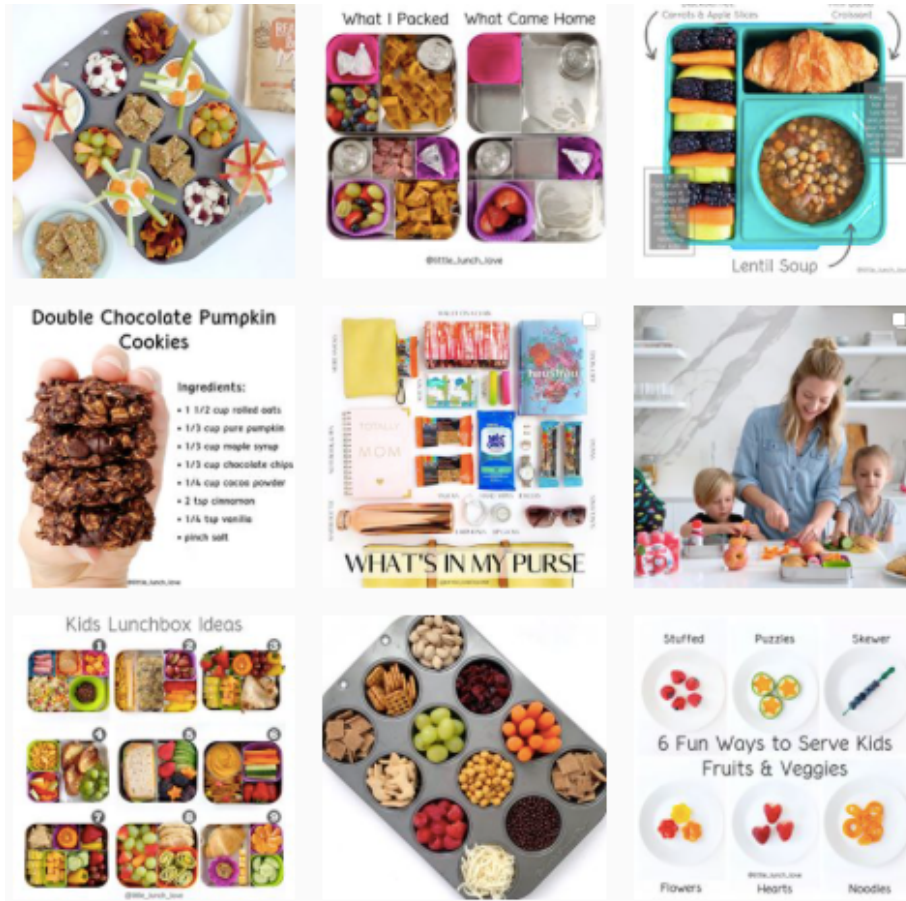
Seed Butter & Jelly Sandwich

Friday lunches should be easy. That's why I usually pack leftovers or yummy sunflower seed butter and jelly sandwiches.

Tip: Spread seed butter on both sides of the bread before adding the jelly. This will prevent the bread from getting soggy.



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