

School Lunch Shopping List

The key to success is variety! Try to keep several items from each category on hand so you can mix it up a little each day.

Grains:

- Breads (sandwich bread, rolls, bagels, etc.)
- Tortillas
- Crackers
- Chips
- Snack crackers (goldfish, etc.)
- Granola bars
- Cereal (Cheerios, Chex, etc.)
- Whole grain frozen waffles
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Proteins:

- Sliced lunchmeat
- Blocks of cheese
- Sliced cheese
- Shredded cheese
- Packaged snack cheeses
- Nut butters
- Nuts
- Yogurt
- Boiled eggs
- Tuna
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Fresh Fruit:

- Apples
- Grapes (different colors)
- Oranges (Mandarins, Cuties, etc.)
- Bananas
- Grapes
- Berries
- Other seasonal fruit
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Fresh Veggies:

- Carrots
- Cucumbers
- Cherry tomatoes
- Red and orange sweet bell peppers
- Lettuce or other salad greens
- Celery
- Sugar snap peas
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Condiments, Spreads & Dips:

- Jam or jelly
- Mayonnaise
- Cream cheese
- Ranch dip
- Hummus
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Snacky Things and Treats:

- Dried fruits
- Applesauce or other fruit sauces
- Fruit cups
- Cookies
- Trail mix
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Notes / Other:

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