



5-Days of School Lunches



	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	English muffin sandwich with turkey* and avocado slices	Whole Wheat Pita/ Hummus sandwich with spinach leaves and red pepper slices. Juice box**	Whole wheat pasta with chickpeas, red peppers, feta, kalamatta olives- dress with olive oil, lemon, salt and pepper	Chili with beans , corn and sesame Akmak crackers. Juice box	Protein Platter- mini whole wheat bagel, cheese wedge, hardboiled egg and apple slices
Snack	KIND mini	Apple with peanut butter	KIND mini	Banana	Home made - ¼ cup Trail mix
Cost	\$2.84	\$2.13	\$3.18	\$2.33	\$2.49

*Low sodium
 **Reduced calorie



Monday

- English Muffin = \$1.99
 - 6 muffins = 0.33¢/muffin
- Low sodium Turkey = \$4.79
 - 6 servings = \$0.79¢/sandwich
- 1 avocado = \$1.00 (1 avocado for 3 sandwiches)
 - 2 slices/sandwich = 0.33¢
- KIND mini= \$1.39

Tuesday

- Whole Wheat Pita = \$1.69
 - 5 servings = 0.34¢/pita
- Bag of Fresh Spinach Leaves = \$1.99 (Lasts the whole week!)
 - 5 servings = 0.40¢
- Red Pepper= 0.70¢
 - 2 servings = 0.35¢
- Hummus (16 ounce container delivers 30 tbsp.) = \$3.49
 - 1 tbsp = 0.12¢
- Apple = 0.69¢
 - 2 servings (Cut up one apple in half) = 0.35¢
- Peanut butter (container contains 28 tbsp.) = \$2.99
 - 1 tbsp. = 0.11¢
- Juice Box = \$3.49
 - 8 boxes = 0.44 ¢/ box

Wednesday

- Whole wheat pasta = 0.99¢
 - 4 servings make 1 cup = 0.24¢/1 cup
- 1 can of chickpeas = 0.99¢
 - 3 servings = 0.33¢/serving
- Red Pepper = 0.70¢
 - 2 servings = 0.35¢/serving
- Feta cheese = \$2.49 (can be used to make pasta 2 weeks in a row)
 - 6 servings = 0.41¢/serving
- 1 can of kalamatta olives = \$3.69
 - 2 servings = \$1.84/serving
- KIND mini = \$1.39

Thursday

- 1 can of chili = \$1.79
 - 2 servings = 0.90¢/serving
- 1 can of corn (for added fiber, sweetness and crunch) = 0.69¢
 - 2 servings = 0.35¢/serving
- 1 box of Akmak whole grain crackers = \$2.25
 - 5 servings = 0.45¢/serving
- 1 banana = 0.19¢

Friday

- Mini whole wheat bagel = \$3.99
 - 12 servings = 0.33¢/mini bagel
- Laughing Cow light cheese wedge = \$5.70
 - 8 servings = 0.71¢
- Hardboiled egg (cage free and organic) = \$3.39
 - 12 eggs = 0.34¢/egg
- Apple = 0.69¢
 - 2 servings (Cut up one apple in half) = 0.35¢
- Make your own trail mix = \$26.83
 - Yields 35 snack packs that are ¼ cup each = 0.77¢/pack
 - Whole grain oats cereal = \$3.99
 - Dark chocolate chips = \$2.29
 - Golden raisins = \$2.29
 - Almonds = \$5.99