

TWO-WEEK SCHOOL LUNCH ROTATION FOR KIDS: NUTRITIOUS & FUN!

Your go-to guide for packing balanced,
kid-approved lunches



INTRODUCTION

- Make school lunch prep easy, balanced, and exciting
- 10 delicious main dishes with healthy sides
- Kid-friendly & quick to prepare
- Works for lunchboxes or bento boxes



WEEK 1 OVERVIEW

Monday: Deconstructed Pizza – Protein, Fiber,
Calcium – 5 mins

Tuesday: Turkey & Veggie Pinwheels – Protein, Fiber,
Healthy Fats – 10 mins

Wednesday: Homemade Uncrustables – Protein, Fiber –
7 mins

Thursday: Mini Pita Pocket Tacos – Protein, Fiber,
Antioxidants – 10 mins

Friday: Ham & Cheese-Stick Rollups – Protein, Fiber,
Healthy Fats – 5 mins



Monday – Deconstructed Pizza

Main: Whole-grain crackers, pepperoni, mozzarella, marinara dip.



Sides: Apple slices, yogurt-covered raisins.

Nutrition: Protein, Fiber, Calcium.

Presentation: Circle crackers, heart-shaped cup.

Prep Tip: Pre-slice cheese. Time: 5 mins



Tuesday – Turkey & Veggie Pinwheels

Main: Whole-grain tortilla, cream cheese, turkey, carrots, spinach.



Sides: Baby carrots w/ ranch, pretzels.

Nutrition: Protein, Fiber, Healthy Fats.

Presentation: Spiral arrangement, star picks.

Prep Tip: Make night before. Time: 10 mins



Wednesday – Homemade Uncrustables

Main: Whole-grain PB&J,
crusts removed.

Sides: Strawberries, string cheese.

Nutrition: Protein, Fiber.

Presentation: Sandwich rounds, strawberry hearts.

Prep Tip: Freeze ahead. Time: 7 mins



Thursday – Mini Pita Pocket Tacos

Main: Mini pita, chicken, lettuce, tomatoes, cheese.

Sides: Grapes, tortilla chips.

Nutrition: Protein, Fiber, Antioxidants.

Presentation: Separate compartments, taco flag.

Prep Tip: Pre-cook chicken. Time: 10 mins



Friday – Ham & Cheese Rollups

Main: Ham wrapped around cheese sticks.



Sides: Cucumber w/ hummus, goldfish crackers.

Nutrition: Protein, Fiber, Healthy Fats.

Presentation: Logs arrangement, animal picks.

Prep Tip: Morning assembly. Time: 5 mins



WEEK 2 OVERVIEW

Monday: Rainbow Veggie Skewers – Fiber, Protein,
Vitamin C – 8 mins

Tuesday: Homemade Chicken Nuggets (Cold) – Protein,
Fiber, Low Fat – 5 mins

Wednesday: Egg Salad Mini Sandwiches – Protein,
Calcium, Fiber – 7 mins

Thursday: DIY Lunchable Nachos – Protein, Fiber,
Antioxidants – 6 mins

Friday: Peanut Butter Banana Sushi Rolls – Protein,
Fiber, Potassium – 7 mins



Monday – Rainbow Veggie Skewers

Main: Tomato, cucumber, peppers, mozzarella, hummus.

Sides: Orange segments, granola bar.

Nutrition: Fiber, Protein, Vitamin C.

Presentation: Rainbow arc.

Prep Tip: Assemble night before. Time: 8 mins



Tuesday – Homemade Chicken Nuggets

Main: Baked chicken nuggets, ketchup or ranch.

Sides: Bell peppers, apple chips.

Nutrition: Protein, Fiber, Low Fat.

Presentation: Rainbow peppers.

Prep Tip: Pre-bake. Time: 5 mins



Wednesday – Egg Salad Mini Sandwiches

Main: Egg salad on mini buns.

Sides: Watermelon, crackers.

Nutrition: Protein, Calcium, Fiber.

Presentation: Dino shapes.

Prep Tip: Boil eggs ahead. Time: 7 mins



Thursday – DIY Lunchable Nachos

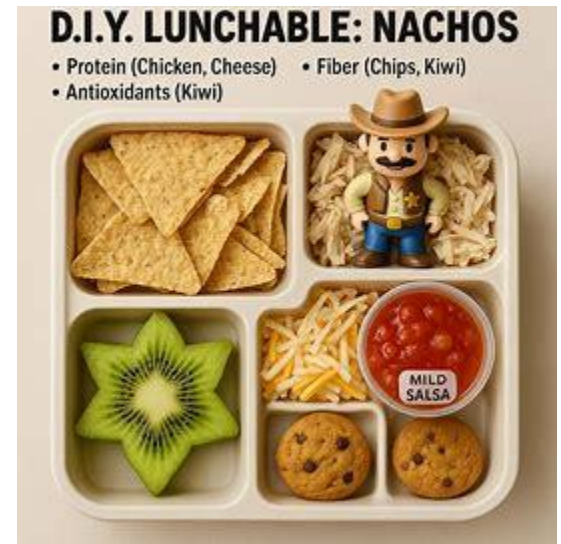
Main: Tortilla chips, chicken, cheese, salsa.

Sides: Kiwi, mini cookie.

Nutrition: Protein, Fiber, Antioxidants.

Presentation: Kiwi star.

Prep Tip: Use rotisserie chicken. Time: 6 mins



Friday – PB Banana Sushi Rolls

Main: Whole-grain tortilla, PB, banana, yogurt dip.

Sides: Carrots, trail mix.

Nutrition: Protein, Fiber, Potassium.

Presentation: Sushi platter.

Prep Tip: Lemon juice on banana. Time: 7 mins



TIPS FOR SUCCESS

Make it fun with bento tools, stickers, and picks

Prep ahead for faster mornings

Nut-free swaps available

Use leak-proof containers

Let kids help with assembly



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