

Lunch Ideas

Peanut Butter	Cold	Peanut Butter and Jelly Sandwich or Wrap on ww bread or tortilla (P and CC)
		Flutterbutter Sandwich or Wrap (peanut butter, honey, and cream cheese) on ww bread or tortilla (P and CC)
		Peanut Butter and Banana Sandwich or Wrap on ww bread or tortilla (P and CC)
		Peanut Butter and Granola Sandwich or Wrap on ww bread or tortilla (P and CC)
		Peanut Butter and Apple Sandwich or Wrap on ww bread or tortilla (peanut butter, apple, and cream cheese) (P and CC)
		Peanut Butter or Flutterbutter on a bagel, banana bread, waffle, crepe, or muffin (P and CC)
Turkey	Cold	Turkey Salad Sandwich or Wrap on ww bread or tortilla (turkey, equal parts of mayo and sour cream/Greek yogurt, apples, celery, onion, salt, pepper, garlic powder) (P and CC)
		Turkey Salad served with whole wheat crackers for scooping (or whole wheat pita chips) (P and CC)
		Turkey Sandwich or Wrap (turkey, veggies, cheese, and mayo/ranch) on ww bread or tortilla (P and CC)
		Turkey and Cheese Crackers (turkey, cheese, and whole wheat crackers) (P and CC)
		Lettuce or Spinach Salad with turkey, turkey bacon, cheese, and dressing (P and CC)
	Warm	Turkey and Cheese Wrap-warm in microwave on a ww tortilla (P and CC)
		Grilled Turkey and Cheese Sandwiches on ww bread (P and CC)
		Turkey and Cheese Quesadilla (made on griddle or quesadilla maker) on a ww tortilla (P and CC)
		Ground turkey (cooked with olive oil and Italian seasoning) served over brown rice (P and CC)
		Turkey kielbasa and whole wheat mac and cheese (P and CC)
		Turkey and Cheese on ww wheat crackers-warm in microwave to melt the cheese (P and CC)
		Baked Potato topped with turkey, turkey bacon, cheese, and sour cream or Greek yogurt (P and CC)
Beans	Cold	Bean dip (refried beans and/or black beans and taco sauce and/or salsa-eat with ww pita chips or corn tortilla chips) (P and CC)
	Warm	Bean and Cheese Burrito (refried beans, black beans, corn, rice, onions, cheese, and salsa) on a ww tortilla (P and CC) Nachos with Refried Beans and Cheese (P and CC)
Chicken	Cold	Chicken Sandwich or Wrap (chicken, veggies, cheese, and mayo/ranch) on ww bread or tortilla (P and CC)
		Chicken Salad Sandwich or Wrap on ww bread or tortilla (chicken, equal parts of mayo and sour cream/Greek yogurt, apples, celery, onion, salt, pepper, garlic powder) (P and CC)
		Chicken Salad served with whole wheat crackers for scooping (P and CC)
		Lettuce or Spinach Salad with chicken, turkey bacon, cheese, and dressing (P and CC)
	Warm	Monterey Chicken Sandwich or Wrap (chicken, black beans, cheese, lettuce, tomato, salsa) on ww bread or tortilla (P and CC)
		Chicken and Cheese Quesadilla- on griddle or quesadilla maker on ww tortilla (P and CC)
Tuna	Cold	BBQ Chicken Sandwich or Wrap (shredded chicken and bbq sauce) on ww bread or tortilla (P and CC)
		Baked Potato topped with chicken, turkey bacon, cheese, and sour cream/Greek yogurt (P and CC)
	Warm	Tuna Salad Sandwich or Wrap (tuna, equal parts of mayo and sour cream/Greek yogurt, apples, celery, onion, salt, pepper, garlic powder) on ww bread or tortilla (P and CC) Tuna Salad served with whole wheat crackers for scooping (P and CC)
Dairy	Cold	Tuna Melt Sandwich or Wrap on ww bread or tortilla (P and CC)
		Smoothies (see breakfast ideas) (P and CC)
		Yogurt Parfaits (see breakfast ideas) (P and CC) Cottage Cheese with Fruit and Nuts (P and CC)
Eggs	Cold	Egg Salad Sandwich or Wrap (P and CC) on ww bread or tortilla
		Egg Salad served with whole wheat crackers for scooping (P and CC)
		Boiled Egg (P)
	Warm	Fried Egg Sandwich on ww bread or bagel (P and CC)
Breakfast Burrito in ww tortilla (P and CC) Egg McMuffin on ww English Muffin (P and CC)		
Other	Cold	BLT Sandwich or Wrap (bacon, lettuce, tomato, and mayo) on ww bread or tortilla (P and CC)
	Warm	Mini Pizzas on ww sandwich thins or bagels with meat, cheese, and sauce (P and CC)
		Grilled Cheese and Tomato Soup (P and CC)
		Baked Potato topped with chili and cheese (P and CC)
		Leftover Pasta (heat at home and place in a thermos) (Meat in sauce=P and CC) (No meat in sauce=CC)
		Leftover Soup (heat at home and place in a thermos) (Protein and carbs vary with different soups)
		Pizza Wrap (meat, cheese, sauce) on a ww tortilla (P and CC) Kabobs (place meat and veggies on a skewer) (served hot or cold) (P and CC)
Sides	Cold	Celery and peanut butter (P and CC)
		Apples and Flutterbutter for dipping (P and CC)
		Fruit and Yogurt Dip (P and CC)
		Applesauce, no sugar added (CC)
		Fresh fruit or fruit salad (CC)
		Fresh veggies- plain or serve with ranch, honey mustard, or hummus (CC)
		Pretzels (CC)
		Muffins or Sweet Bread (such as banana or zucchini) (CC)
		Trail Mix (Nuts, Dried Fruit, Whole Grain Cereal, Pretzels, Seeds, etc.) (with nuts=P and CC)
		Yogurt (P)
		Cheese stick (P)

